

Yi 2
7400
F 8

On preventing fevers
from exhalation.

~~446, 57
210, 36~~
236

154. 68



"Odia in longum jacens, que recordet, sueta
que promovet!"

Lectures on the means of
preventing Summer & Antimnal
Diseases. Del' Jan⁸ 17. 1804. begin p: 19

Origin of Epidemic from bad food,
water, & Earthquakes - how true?

92
20
82.

28
75
4/300/75

25
80
75

in the present instance

✓ By this disease I mean morbid excitement
or irregular ^{action} ^{of a partial nature} ~~of a partial nature~~
fibres, seated in different parts of the body.

gentlemen,

I rise in compliance with your appointment to deliver as the subject of my oration, the result of the observations of four and forty years upon the Summer & Autumnal Disease of the United States. ✓

In considering this disease, I shall
I. enumerate its different forms, & afterwards
make a few remarks upon them.
II. I shall mention its causes, & I shall
III. point out the means of preserving thy system
from them, & I shall mention the methods of
removing them, by eliminating their causes.
~~I. You will perceive at one shpt I have adop-~~
~~-ted the idea I have taught for many years in~~
~~the University of Pennsylvania by calling the~~
I. The different forms of our Summer & Autumnal disease may be included under
the following heads

1. Diarrhea.

2. Colera morbus.

+ I pass over here the forms of ~~disease~~ in which the ^{indisposition}

v That all the ^{above} forms of disease ~~are~~ differ
the cause is the only in their seat, and
degree of ~~the~~ symptoms, but are the same
in their nature, I infer from their appear-
ing at the same seasons, from their
from their changing into each other,
depending upon the same cause, & dis-
-persing from the same time.

+ I pass over all those forms of indisposition
under which the Summer & Autumnal
Diseases sometimes disguise themselves, such as
head-ach - tooth-ach - mthalgia - lumbago & the
~~like~~ ^{all the} ~~some~~ other local affections as mentioned
by Dr Cullen.

Also sporadic cases of all 10 from other
causes -

3 bilious Colic. 4 Dysentery - 5 Febricular or
what is called in the Southern States inward fevers.
6 Mild Intermittent & 7 Mild Remittent. 8 Choo-
-mie ~~fe~~ or typhus fever. 9 Inflammatory bilious
fever, and 10 malignant, bilious, or what is
commonly called yellow fever. +

It may appear ~~strange~~ to ~~some~~ to such of
the members of this Society as have not been
my pupils, to ^{include} ~~consider~~ all the forms of disease
which have been mentioned under one
name - But ^{there are many} ~~I have~~ precedents for doing so
in the ~~writings upon~~ ^{many of the} practical
books of medicine. ~~I shall mention but one of them.~~
- ~~but do not~~ The Gout ven-
-tus not only the limbs, but the ~~head~~ every
- ~~ventilated~~ other part of the body, ^{are written has} ~~we do not~~
upon that account distinguished by a spe-
-cial epithet. ~~The~~ small pox affects with disease
& pain, not only the skin, but the head, the
throat, the lungs, the ~~the~~ bowels & the kidneys,

V the United States

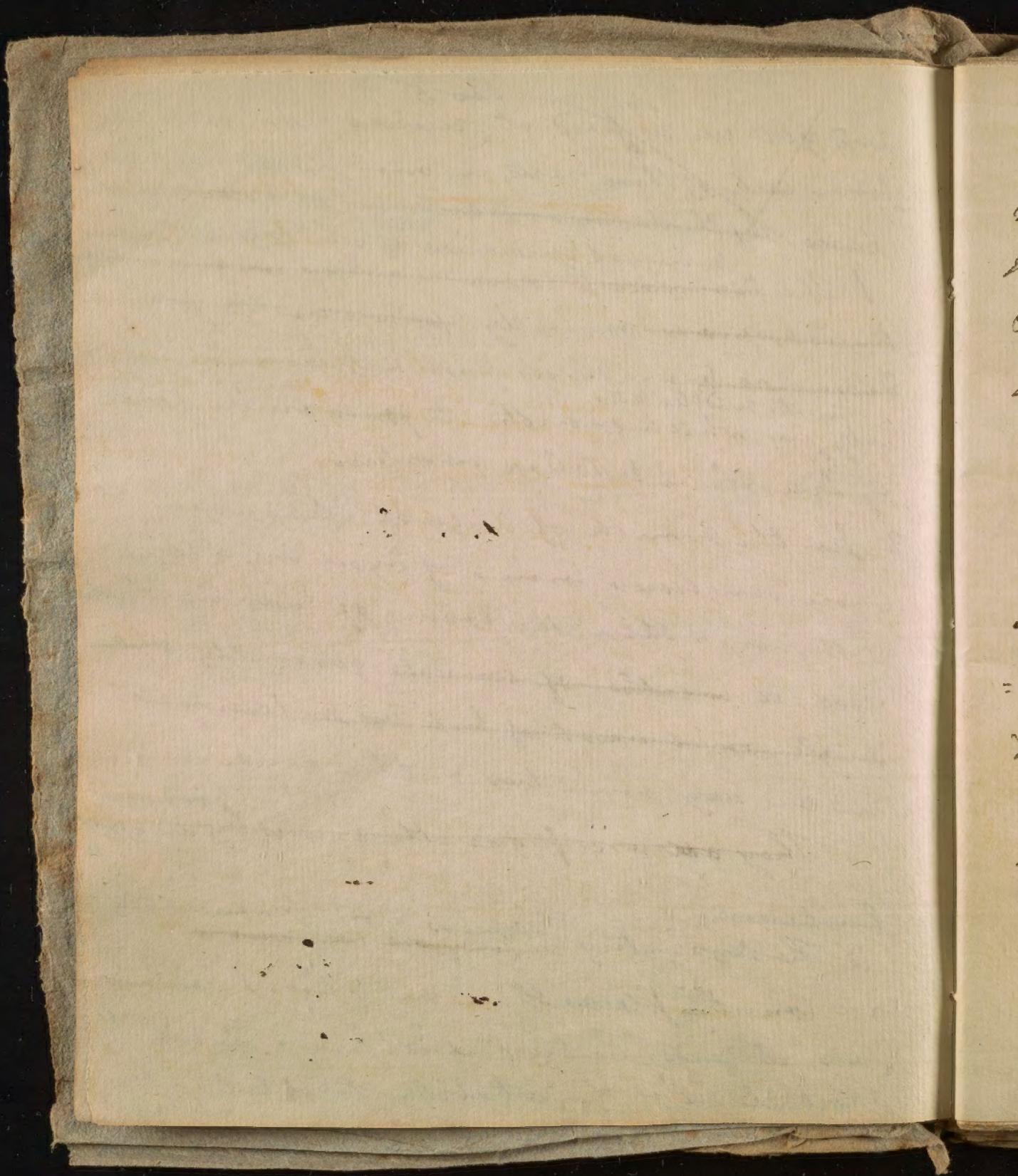
and yet we do find it ^{not} ^{has 3} received new names
from each of those parts in our histories of disea-
-ses. ~~By the summer & autumnal disease of the~~
~~Annual Epidemic of our Country known~~

1 The ~~Diarrhoea & Colera morbus~~ ^{and} generally
~~times appears~~ generally appears in the form of
Diarrhoea & makes its first appearance in
^{in the middle states} July, in which month it puts on the form
of Diarrhoea & Colera morbus.

2 In the month of August it assumes the
more dangerous forms of Dysentery & Colic,
with now & then the forms of fever in which
case, it ~~is either of~~ ^{consists} generally of a
~~singl~~, ~~or at most of~~ ^{but two} terminates
~~in one day, or in two or three days.~~

~~They all~~ are frequently excited by unripe
~~fruit~~

3 The Dysentery ~~is a more common~~ ^{appears more frequently}
in country places than in cities. I have never
seen it Epidemic in Philadelphia. The ^{more}
cordial diet of the inhabitants of cities pro-
-bably



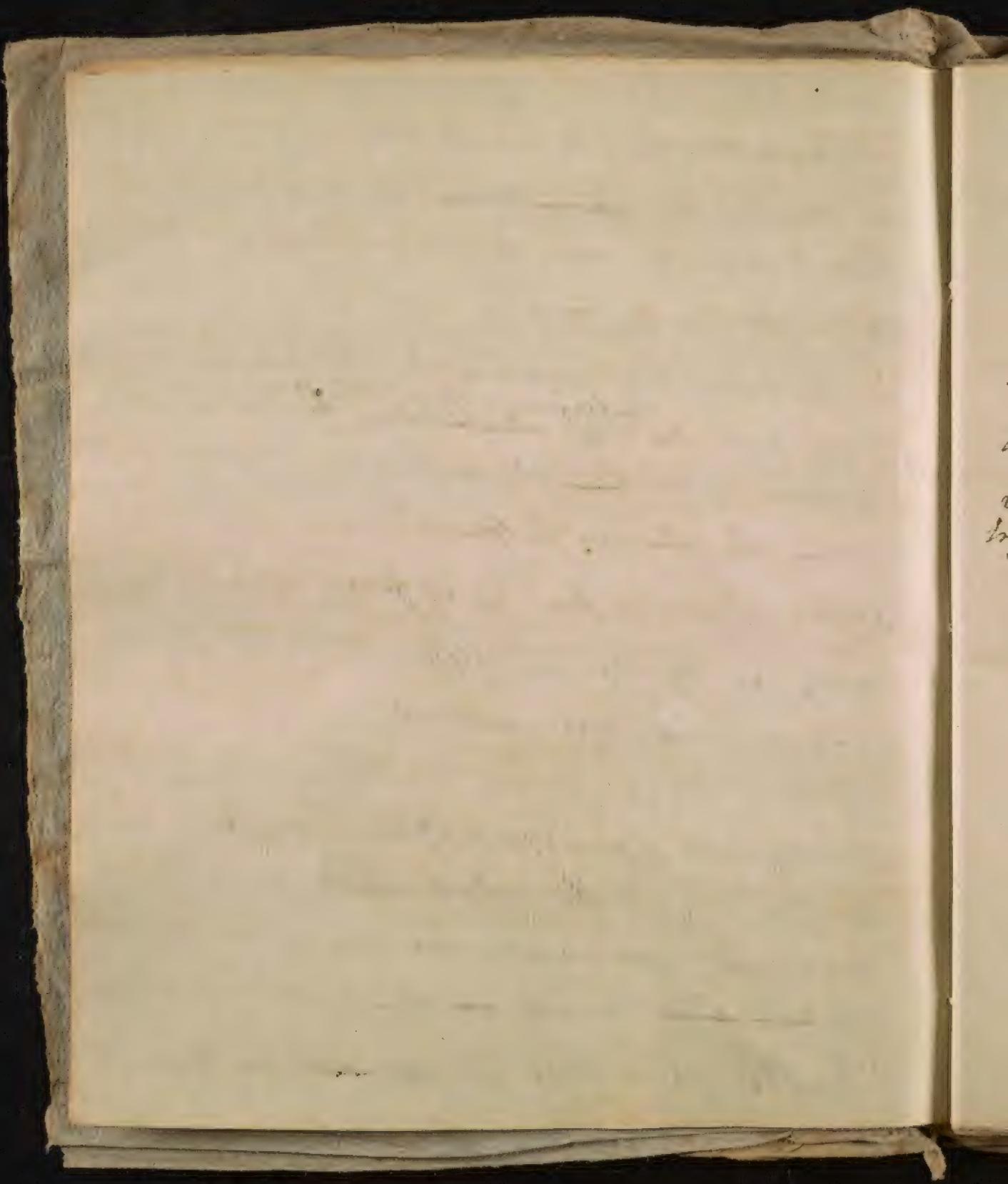
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defends the bowels from the influence of
miasmata ~~upon them~~, and determines
their action to ~~the~~ the blood vessels in one
of the forms of fever.

4 The dysentery appears chiefly ~~is~~ upon
high grounds ^{& frequently at the same time that} ~~while other forms appear~~
appear upon them the declivities of those grounds,
or in the plains below them.

5 The different forms of fever appear sepa-
rately, or together in different years. In the
year a mild intermittent

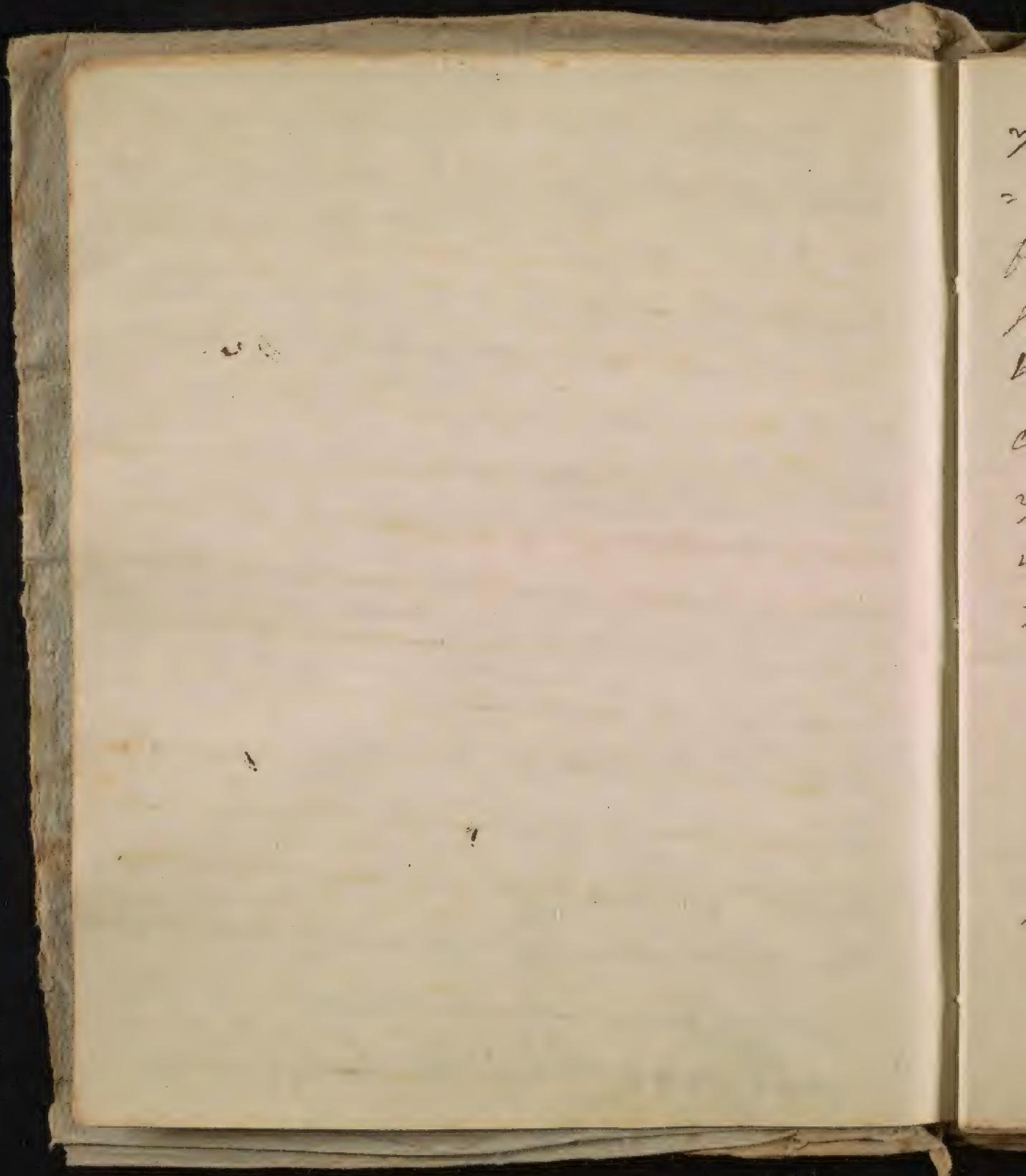
Between the years 1760 & 1766 it appeared ^{chiefly}
in the form of the what ^{was} formerly called
nervous fever, and who was often protracted
to ~~one and~~ twenty or thirty days.

In the year 1780 it appeared in Philad.



5

in the form of mild remittent at which time it was known by the name of the break bone fever. The febricula appears frequently in Maryland, unaccompa-
nied with any other form of fever. At this time it is said ^{"though} no body is sick, yet no one is perfectly well". Mr Volney ^{travels thro' this country} ~~much~~ ^{in his} travels with this general sickness of the inhabitants of the Southern States & informed me that he ^{discovered} in general among the inhabitants ^{to} ~~in~~ ^{found} ^{other} this sickness to prevail several of the Southern States in the fall of the year. The inflam-
mations fever prevailed alone in the city of Philad^{elphia} in the years 1791 & 1792. It was the forerunner of the malignant, or yellow fever which prevailed in the year 1793, & which has for several



years since has been the solitary epidemic of our city. But again - all these forms of fever appear together in the same season, ^{sometimes} ~~but apparently independently of each other~~, this was the case in Philadelphia in the year 1802. Sometimes they run into each other. This was the case in the ^{I have said} year 1802 & 1803. The mild intermittent changed into a malignant yellow fever & the malignant yellow fever after the 3rd day put on the form of a mild intermittent. The ~~more~~ malignant fever and sometimes of a nervous fever.

6. The same forms of the summer & autumnal disease differ in different years in ^{their} symptoms - in the signs of life and death ^{in its} ~~in its~~ ^{or} ~~and~~ ^{42 this} ~~and a dry skin~~ ^{42 this} impervious to sweat. An obstinate costiveness attended the malignant fever of 1793 a diarrhoea attended the same form of fever in 1802, and a moist skin was a general symptom of the it in 1803. A

✓ Differ Constitu afford diff^r grades of disease - also evidence
as new Comers in West Indies.

Different grades of Activity in Immigrants - as from
water to 9th Street.

1 ✓ ¹⁵ Affects liver, Colors &c - ages &c Iatations -
why fresh West Indies escape it & we not -

2 also differ in requiring more or less ex-
- citing cause D^r Granger's story.

3 It appears earlier, or is more protracted - or
worst near confluence of fresh & salt water. Elliott.
its predispⁿ as in Tropics - from & Optic?

4 yield to frost & ice - heavy rains -

It will be expected I add Confab: - in what
instances - never epidemic from it.

5 They are most apt to affect strangers. Obvious
in Florida than in middle states, where the coldest
of winter &c
follows during summer.

6 Old people kept alive by them.

7 Different determinat^{ns} as head - stomach - limbs

& above all liver. The 1791 & 1792 Depat^r very common.
& follow course of winds. Shorthill.

4 7

Sore throat was a favourable symptom in malignant ^{same} fever of 1793 - but a fatal one in the fever in 1798. An hemorrhage from the rectum preceded death in 1793, but was followed by a recovery in nearly all the cases in which it occurred on the 5th day in 1798. Tepid sponging, & strong mercurial fum's were the most most effectual remedies in the year 1793. the same ~~year~~ ^{fever} 1803 yielded too moderate bleeding, gentle purges early blisters & copious freats in the year 1803. V

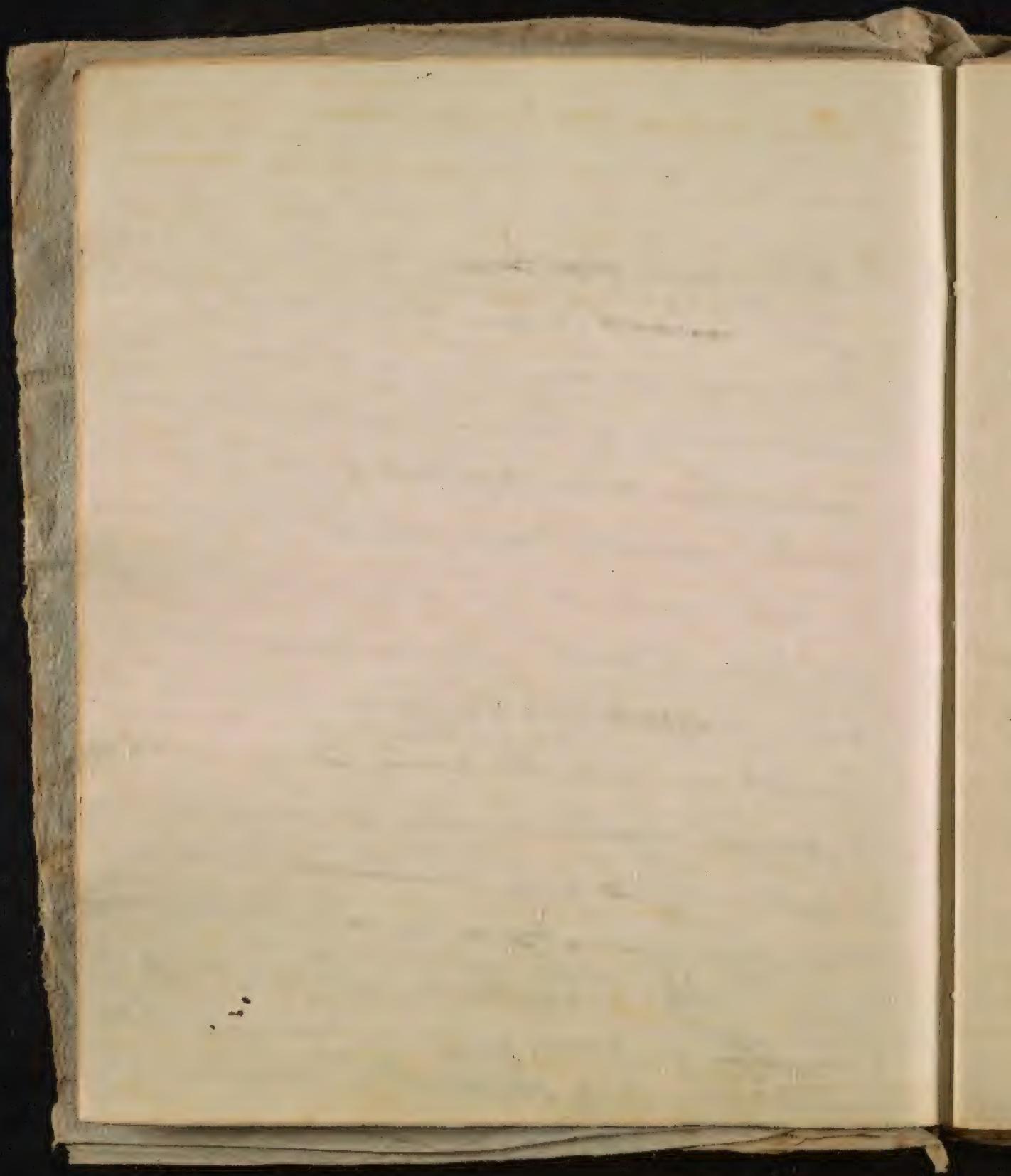
The disease under consideration differs in its symptoms, ~~in its~~ ⁱⁿ different parts of the same ~~same~~ season. It sometimes comes on like a burst of fury, and goes off like the gentleness of a domestic animal. Again it puts on an opposite character. Sometimes it makes its first appearance in the form of a Dysentery & changes in its course into malignant fever. Dr D'Wal

visit -
sometimes known on the first, again not so -
V. ~~the~~ yellow fever known first visit - in 1793
now so in 1802 & 1803.

8

93

8 ~~that have been mentioned~~ All the forms
of fever ~~except~~ when they become Epidemic
chase away all other forms of disease, or
impart some of their Symptoms to them.
Hodson thought in 1780 ~~put~~ on the symptoms
of a ~~fever~~ ~~fever~~ intermittent. The purple fever becomes
an Intermittent during the prevalence of
that form of fever. The ~~purple~~ yellow
fever of ~~1793~~ 1793 blended its malignant
Symptoms with the Gout, ^{every other form of Disease.} In the year 1798
it predominated over the fever treated by
a broken leg ^{it discovered} and demonstrated its universal
Dominion ~~over~~ ^{which were} by ^{mixing with} ~~over~~ the fevers, excited by a broken leg &
in one instant ^{by} ~~by~~ ^{agents} predominating
finally sealed its presence by an unexpected
black Vomiting on the 5th day after a broken leg.



Summer & autumnal yields
of ~~barley~~ ^{barley} disease differ in different
years, and in different parts of the ~~season~~
same year to a different modes of here.

In the year 1793 the malignant fever
of the year 1793 ~~yielded~~ ^{reigned} only to copious bleeding,
strong purges, & a fomentation. The same
fever in 1803 was cured by a moderate
bleeding, ^{active} gentle purges, early blisters, and
copious sweat. The Peruvian Bark was
exhibited with universal success in the inter-
mittents of 1791, the same medicine did
harm in the virulent & intermittents of
1794. Bleeding proved fatal and only fatal
in the malignant fevers of 1793 in
the ~~on~~ beginning of the month of August.

✓ Dr Blane's yellow skin only a

The use of the ~~earliest~~¹⁰ seemed least, but finally became its ~~general~~^{and of} principal and most useful remedy.

10 The summer & autumnal differ in its
degrees of mortality in different years, &
sometimes in different parts of the same
Season. — The Rev. H. H. H. —
Few recovered from the malignant fever of
1802 — & few died of the same fever in the
year 1803. The malignant fever of 1793 was
rarely fatal when treated with the deplorable reme-
dies in vogue, but it resisted ^{their whole} the whole
force of ~~the~~ ^{of medicine} remedies in the preceding month.
This difference in the mortality of the yellow
fever is not confined to the United States.
Dr. Halliday lost but

while Dr. Horne acknowledges that the most we more than 3 to 3 in favour

✓ I shall only add two remarks. 1 Study
diseases in their connection with each
other &c muscular motion etc. ^{ch} see in Vol. 11
on Epidemics

2 Study every Epidemic every year.

† How do they act? Stomach - lungs - espous.

in the most unskillful practice on the Island
of Jamaica. — It would ~~seem as if the~~^{it}
~~be~~ be foreign to the ~~the~~ design of this
discourse to inquire into the causes which
produce the variety in the forms, grades, &c
of our Summer & Annual disease.
I shall only observe that ~~most of them~~^{they are chiefly}
~~be~~ discovered to be sought for in the visible
& insensible qualities of the Atmosphere &
in the course of winds, and in the qualities
of the Element Aliments of different years.

we come next to mention the causes of
the disease which is the subject of our
oration. These are chiefly

~~the~~ ~~so~~ while foreign countries
are obliged to look for ships to Epidemics in
exhalations from Volcanos & wells, or
springs of water, ~~ships~~ ~~are~~ in addition to

They are more or less active according to
the sources from whence they are derived. The
exhalations ^{from} ~~of~~ ^{from} filth ⁱⁿ cities are more active, than in
those which occur in houses from marsh exha-
-lations, & the exhalations ⁱⁿ ~~from~~ Docks & cellars,
& the holds of ships more active than from
Sheets & Gutters

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putrid exhalations from ~~the~~^{purified} vegetable &
animal matters. ~~the~~^{bad} nature.

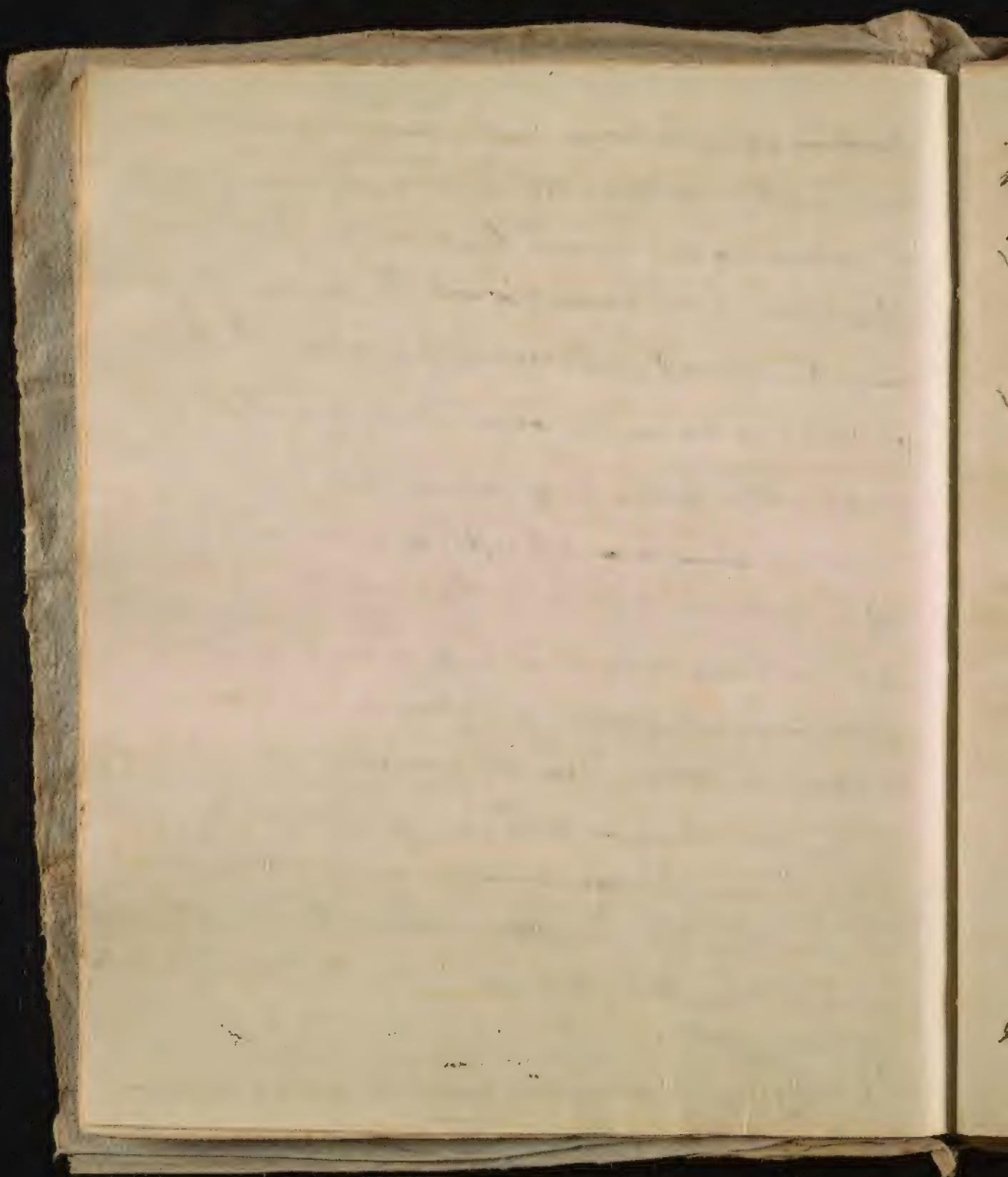
~~we are under no necessity~~
of extending our views beyond the last source
that has been mentioned to account for
~~our annual Epidemics.~~ Upon the subject
of exhalations in our Country, I shall
make the following remarks. —

They ~~consists~~^{are derived} chiefly of from putrid matter
of a vegetable nature. These are ⁵

1 These exhalations are the product ^{certain days of} ~~of~~ heat &
moisture. Their most productive sources ~~of~~ are
inoffensive when dry, or covered with water.⁶

3 They are conveyed to ^a considerable distance by
the winds. In some instances to two miles.
Mengnierre mentions some facts which
prove they are carried miles in the Islands
of Jamaica.

4 They are most active ⁱⁿ running, and
after the sitting of the sun,



in the morning. These are lost so in middle of the day, and night.

^{& cool}

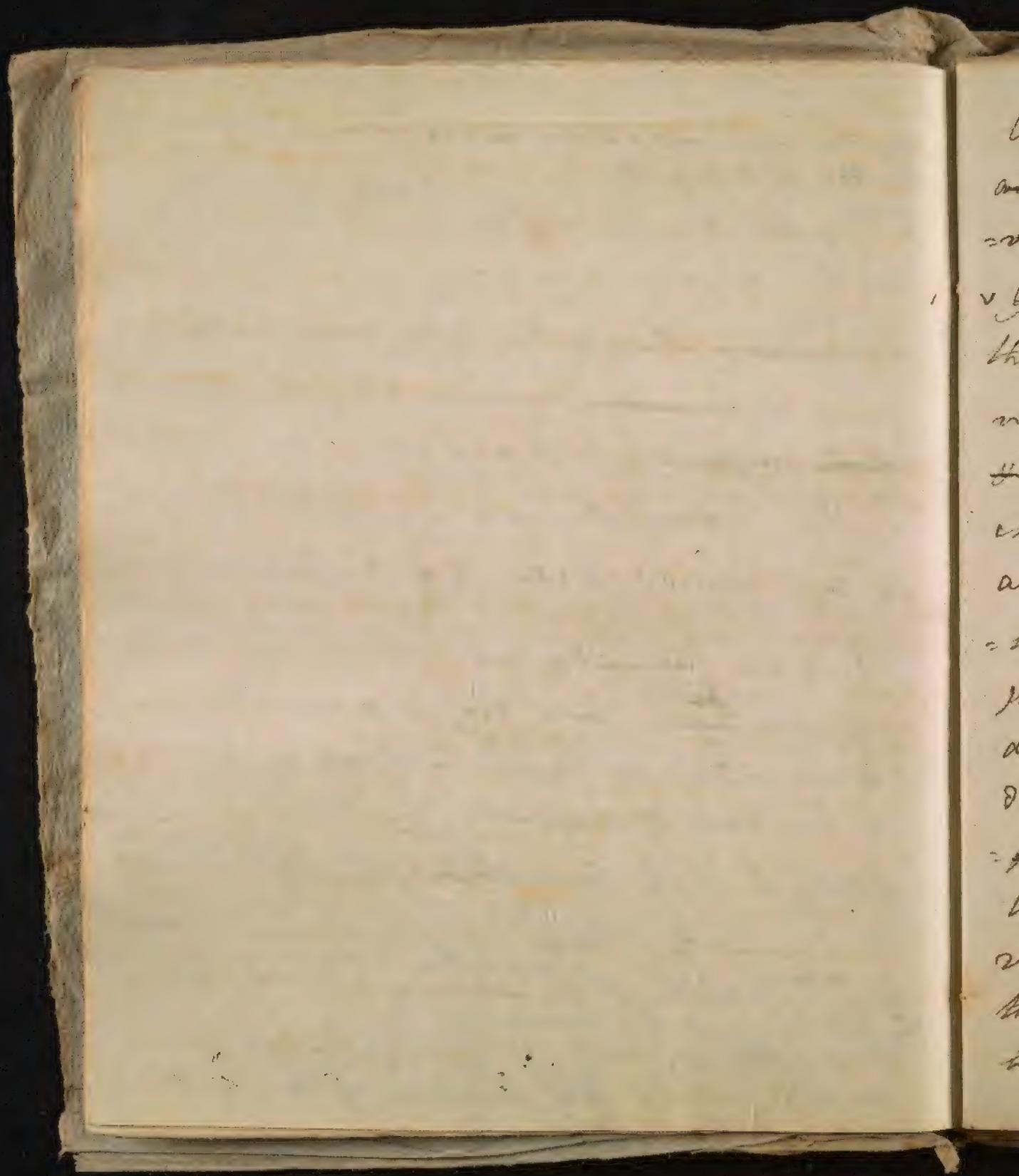
5 They spread more in Damps, than in dry weather, & warm weather.

highitations. see vol. 5 p. 105

6 ~~They~~ ^{These} thin activity is destroyed by cold when it ~~is~~ ^{they are} suspended by heavy rains, & destroyed by them when they are succeeded by weather so cool, as not to admit of exhalation.

7 They are frequently unaccompanied by without offensive ^{Odor & taste} ~~feast~~, but they exist sometimes in a very offensive form, without being perceived by the sense of smelling.

8 They have hitherto eluded the inquiries of the chemists. Some late physicians have been so far ^{inability to discover them in} misled by their ~~isomeric~~ ^{isomeric} ~~subtlety~~, as to deny their action in producing various diseases. As well might they ^{very the} existence of Odors in the air.

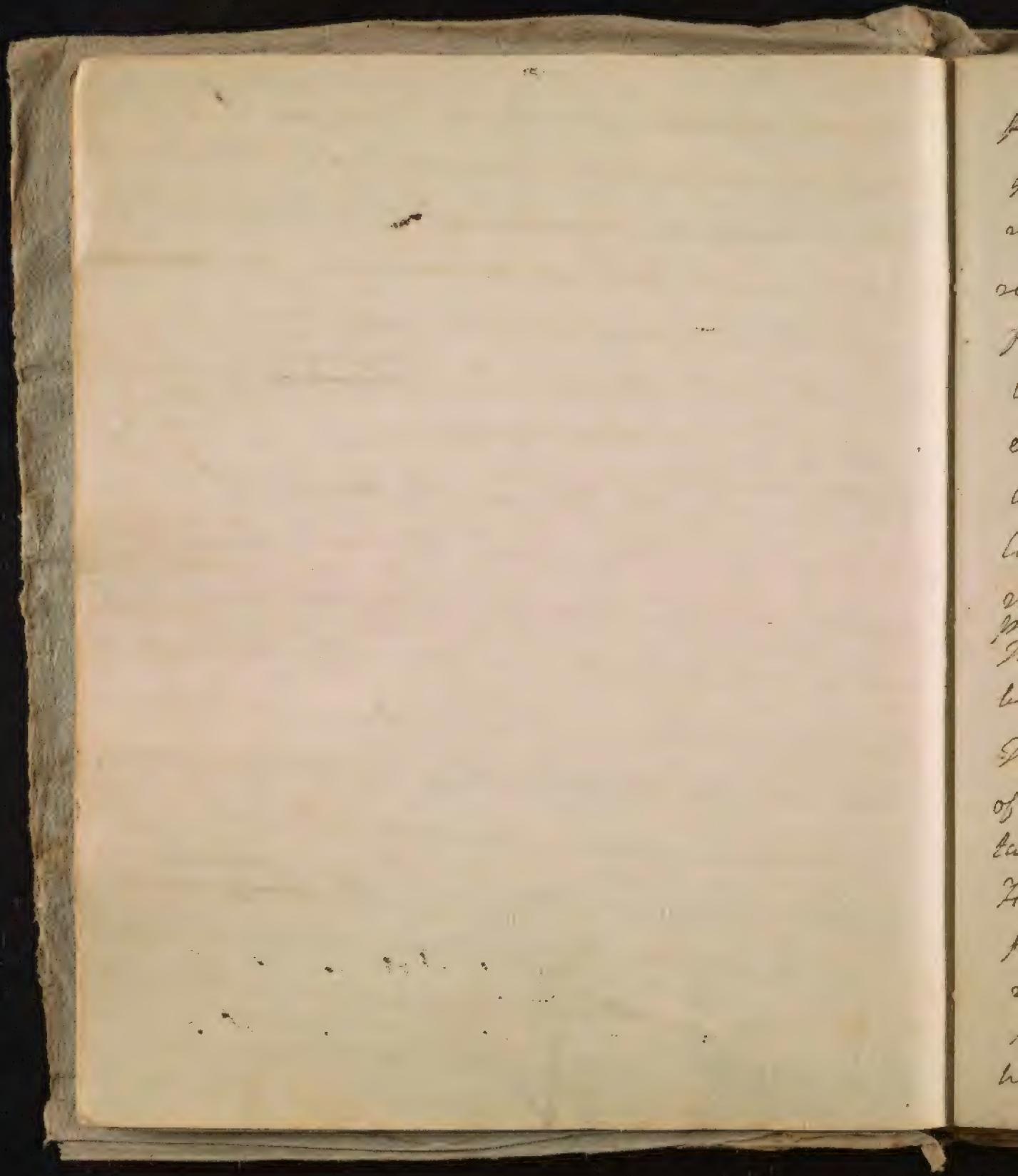


because they are alike impervious ^{or} They like-
wise ~~resist the~~ are alike impervious to the test of the hydro-
-metrical experiments.

I know this It has likewise been asserted that
they do not produce the diseases that have been
mentioned because, ~~they do not act uniformly,~~
& because some of the filthiest cities in Europe are
exempted from them, and because they do not
act uniformly in our own Country. In an-
swering the first of these objections, it will be
proper to remark that filth & dirt are two
distinct things. The shells of a city may be very
dirty, and ~~not~~ filthy that is, covered with imp-
-pure clay, or sand, or lime, & the at the same
time be free from ~~those~~ filthy viz: & animal
matter which by putrefaction contaminate
them. This I believe is the case with Lisbon, &
~~but~~ some of the cities in Italy. To the

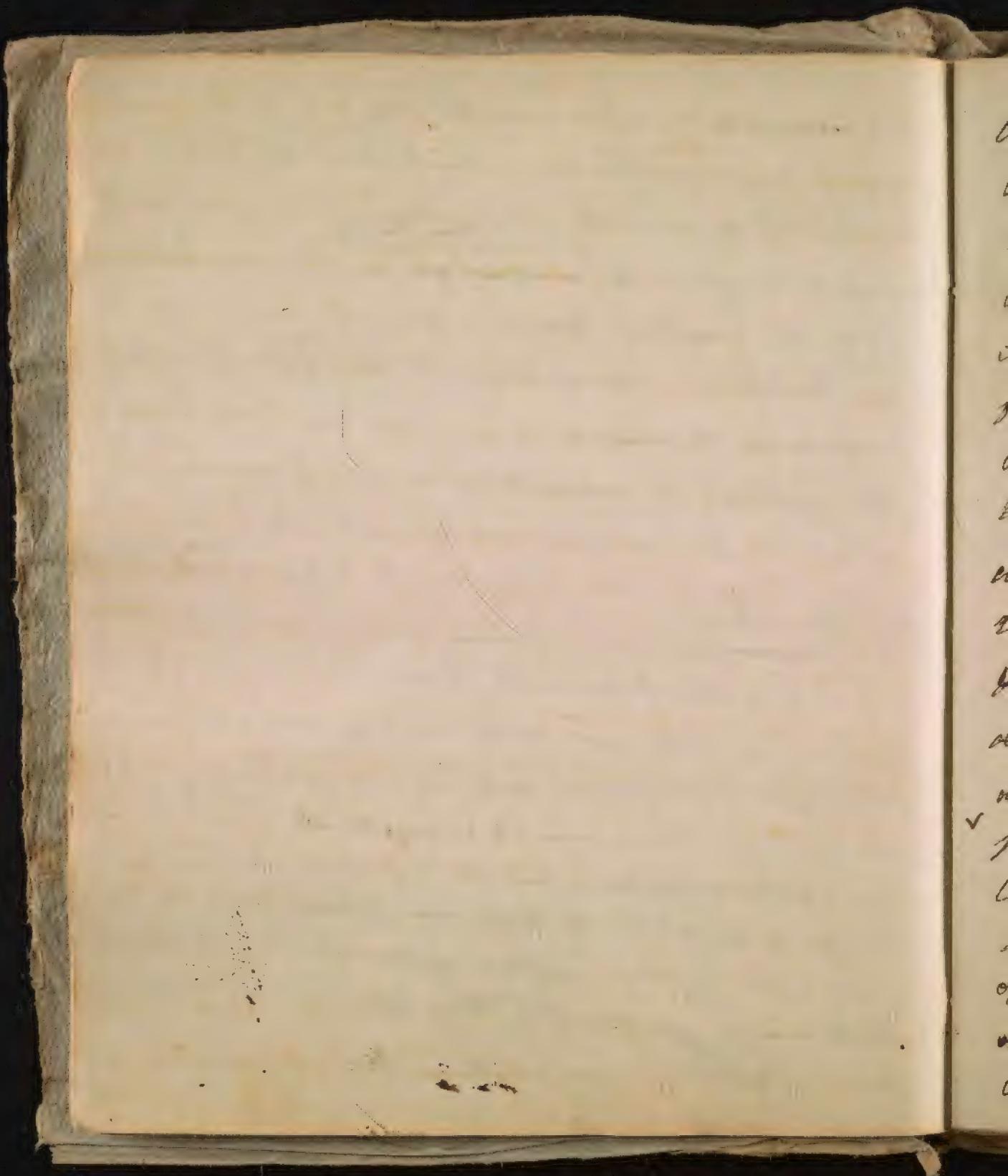
✓ a similar, ~~one~~ want of uniformity
appears in the ~~production~~ of operations of our
climate appears in the size & quality of
our grain, & vegetables of all kinds

the want of Uniformity in
second Objection I reply that those the exhal-
tions of our Country in producing disease, depends
upon many ~~circumstances~~ this being combined
with more or less heat, or moisture, and perhaps
upon the position of the body from the
elements of the season. but ^{Different} opposite currents
of wind, or the total absence of wind - but the
disproportion of temperature of the air in the day & night - upon
the quantity of dew - upon the early or late
appearance of warm or cold weather, all of
which vary in different years. The ^{more} fre-
quent prevalence of the malignant bilious
fever in our Country, than in former years,
may be accounted for upon a specific
explanation. The ^{longer} from the ~~longer~~ more
encroachment which the heat of summer has
made upon the ~~cool~~ autumnal months a
longer period is given for ^{the generation of} an greater accumula-
tion of



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profusions of putrid exhalations, and possibly further
greater concentration and activity. But the ^{late} _{in}
malignity of our ~~late~~ ^{third} ~~lives~~ from disease must be
resolved chiefly into ^{a more active state} ~~a change~~ in the atmosphere
from causes that they are as yet unknown to
us. ~~To the existence of this it has been observed~~
~~ever since the days of Hippocrates, and has been~~
acknowledged by ~~many~~ ^{all ages &} physicians of ~~countries~~
countries. It is sometimes general over a whole
nation, again it is confined to cities ~~or provinces~~
~~provinces & states~~ ^{districts.}
It is ~~transient~~ sometimes permanent, ~~again~~
but it is more frequently transient in its effects.
It discovers itself not only in a greater excitement
of the system in diseases, but in many changes which
take place in the animal & vegetable creation. Even
fishes & ~~fishes & birds~~ feel its influence in their watery
portion of the globe. Of this, many proofs are to be
met with in the histories of pestilential diseases.
But ~~among~~ ^{all this} ~~is~~ this solution of the
want of uniform connection between the summer



A ^{bad} ~~Antennal~~ Disease of our country, & of the most
~~bad watry fluid - fluid~~
~~appearance of the vicious yellow fever is~~
~~amongst us~~
~~and the putrid exhalations be~~^{not}
~~all~~
~~and a fact that establish this cannot be denied~~
~~in favor of this its being derived exclusively~~
~~from in all its forms from that source only,~~
~~and that is - there never was - while I admit~~
~~the want of a uniforme that putrid exhalations~~
~~do not from the causes that have been admitted~~
~~uniformly, or in deceptive years produce~~^a
~~generalizant diseases I will add that they do~~
~~not exist them it never has existed in~~
~~any form ^{independantly of} without them. Examining from the~~
~~plagues of Athens, and the intermittents of~~
~~Carthaginia, down to the malignant fever of~~
~~Philadelphia, and the intermittents of the shores~~
~~of Skinkill, every in the year 1803, every form~~
~~of Summer & Antennal disease has existed in~~
~~only in the vicinity of ^{noxious} putrid exhalations. It is~~

✓ of these fevers ~~the~~ native hypochondriacal
m/s: 21 & 4 p 22 0

✓ all the ten fevers of Summer & Autumnal
diseases originate from putrid exhalations. I
have mentioned all their sources, & the laws
which govern them formerly. we

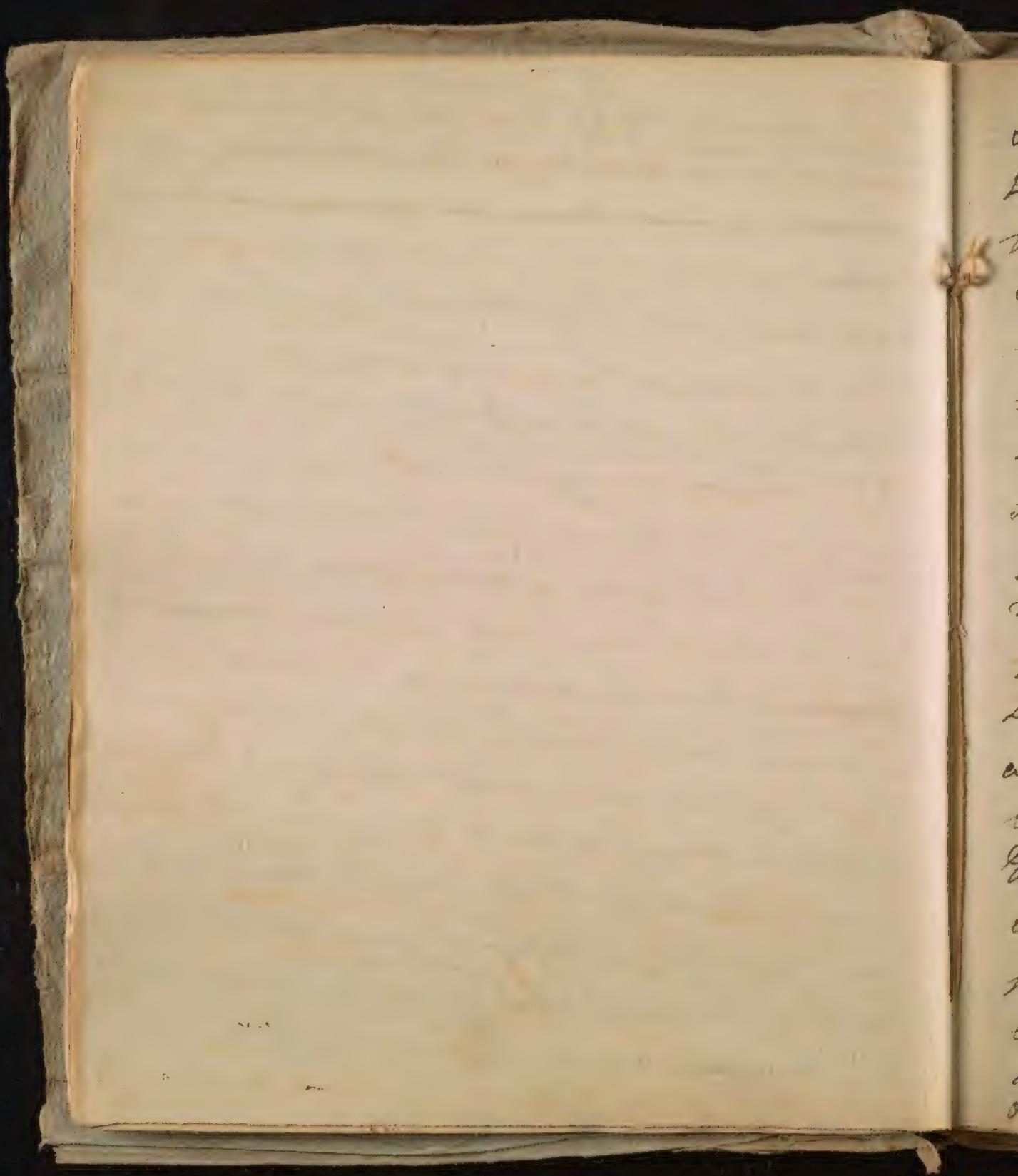
+ first mention all its sources fevers
vol. iv also the 11 forms of autumn fevers
extremal & internal.

true these exhalations have not only always been derived from putrid vegetable & animal matters. These & equally baneful or sickly exhalations have sprung from the bowels of the earth after an Earthquake, and from ~~calcareous~~ ^{figures} in mountains, & from wells, and pools of water have now often produced Epidemic or epidemic fevers. But these may be considered as of an accidental or ^{of an accidental or} Aposodic nature. They ~~are~~ ^{are} removed appear but rarely, and seldom return in the same country. They are like the cases of malignant fever which are produced by a poisonous dose of Opium or Comosive Sublimate compared with those which arise from the ordinary exhalations of our dabs and fells. Nor shall I here except the occasional ~~few~~ Epidemics which have arisen from scanty, or unwholesome diet in ^{distant ages &} ~~foreign~~ ^{foreign} Countries. They occur but rarely, & ~~you~~ ^{you} should constitute no Objections to ~~objection~~ to the truth of the general remark which has been delivered. During the prevalence ^V we proceed in the 3^d place to ~~now~~ ^{now} enumerate

5 For this purpose it will be necessary to mention
the signs of their presence in this atmosphere when
they are disposed to produce the highest grade of
diseases fever. These ~~signs~~ I shall mention
such signs as are external, & such as
appear in the human body. The ^{external} signs of a
pestilential ~~atmosphere~~ ^{Epidemic} atmosphere appear

19

the means of obviate the effects of these exhalations
upon the human body. The first step for this
purpose is to ascertain the approach of I shall
begin more especially when they are accompanied
with that state of the atmosphere which disposes
them to produce the malignant form of
bilious fever. ~~first we must~~ ^{first we must} ~~expel~~ ^{or putrefact} to mention its pre-
~~signs~~ ^{signs} ~~they are in the body.~~ ^{they are in the body.}
~~best to expel them~~ ^{best to expel them} Attempts have been made
to discover by external signs the approach of the
~~existence of~~ ^{and} ~~prosperous~~ ^{prosperous} diseases, in order to guard the body
against them. Diderot mentions that ~~greater~~ ^a less
frequent sudden disappearance of birds that are
common at the season of their flight, & the greater
frequency of Abortions preceded the great plagues
which he ~~wrote~~ describes at Mme. ^a The approach
of the malignant bilious fever in ^{this city has} ~~our country~~
been indicated in different years by the following
signs. ^{In the} Unusual violence in the diseases of
the previous year or season. The intermitents



20

of 1791. & 1792 did not yield as ~~favorably~~²⁰ to
the topic, as to require bleeding, to prepare them
for the use of the Bark, & the ~~flatulents~~^{flatulents} of most
of the Springs which preceded our malignant
fever, have called for more depleting remedies
~~than the same disease~~ in other years, to cure
them. Nature is uniform in these premonitory
signs of far greater force in the disease which
preceded pestilential fevers in other countries.
They occurred according to Dr. Sydenham in the
fever which preceded the great plague in
London in 1665. They were observed likewise in
a fever which ^{is} of this, as there are many
hundred instances in the records of medicine.
Even Dr. Chisholm whose ideas of pestilence
exclude ^{its} all connection with ~~extreme~~ the
state of the atmosphere, has ~~never~~ added his
testimony to the evidence of ages in favor of
this remark, & thereby refuted his ^{own} doctrine
of its contagious & importunate ~~nature~~ nature. He

v. total suspension of diseases of all kinds just
before the appearance of a malignant Epidemic.
The months of ~~be~~ in 17th were

Unusual healthiness in the months of
preceded the furious fury of
I have ascribed this to the ^{preternatural} influences of the
atmosphere ~~infligated with despair~~ overcoming
the action of weak Diseases.

¶ It would seem as if great & mortal Epidemics
had like the planets, satellites revolving round
them, for they are not only preceded, by but accom-
panied & followed by diseases which appear to
direct reflect back upon them some of their
violence & malignity. But there is sometimes an
exception to this remark, for we ^{now & then} ~~sometimes~~ see a total \varnothing .
in above v

mentioning its being preceded by a violent Ins-
-epcias in H. Croix, & accompanied by a
small fox equally malignant with itself
^{another} in the Island. ~~of~~ It ^{is} ~~is~~ sometimes ~~there is~~

~~2 The malignant form of bilious fever has
been preceded by a general Sallowness in the Com-
plexions of our citizens. This has been noticed
by Strangers. It occurs in other countries subject
to the same fever.~~

~~2 They appear in
3 It has been preceded, & accompanied by winds
from unusual quarters, or by unusual calms.
The winds have blown ~~for~~ more constantly from the
Dwelling or mist in the air. Wilson says
3 This generally ~~precedes~~ a sickly season in the Delaware state.
(The same ~~as~~) a sickly calm attended the epidemic
of 1793 in Philadelphia. A similar state of the air
is described by Dr Bayard during the last plague
in London. His words are "There was
sufficiency of weather as if wind & rain had been ban-
ished from the realm. I could not observe the
last breath of air to stir a fan, or weather cock.
Tires with great difficulty were made to buzz, &
the very birds would faint for breath more~~

v Diemersroets facts - see A Burboose Parry; too
p: 3 of fire in 1798.
predict as of comets & eclipses
fires.

22

especially pigeons & crows who were observed to fly more heavily than at other times."

They appear in
It has been preceded, by uncommon sickness & mortality among many birds & beasts, more especially wild pigeons & cats.

The common house fly has disappeared from our cities & uncommon insects of some species & colors, ~~of~~ ^{have appeared, & etc,} & mosquitoes have been multiplied, & some new insects have appeared just before, or during the prevalence of our late malignant epidemics.

~~The blossoms of~~ Certain trees have emitted an unusual perfume, and of others have fallen prematurely, and the fruits ~~franciss~~ fruits have been less in size, or of an inferior quality in the summers previous to several of our malignant autumnal fevers.

~~Dr Oliver has taken notice of a change from the white to a dark color in upon the boats in the harbour of Boston being changed to a dark color during the prevalence of the malignant bilious fever in Boston in the year~~

~~If the~~

40ments
v fatigue from light exertions - hands when rubbed
emitting smell like Step. Selsph. - some advise of burning
from wine in the mouth -

The signs of the presence of exhalations in the
in the human body which produce a yellow fever are
~~human exhalations~~ as follow.

- 1 A sudden upshot of an old, or chronic disease, or a conversion of a periodical into a continual disease. Do you know of this there
were many instances in Philadelphia in 1793.
- 2 The breaking out of old sores, or eruptions upon
different parts of the body. The prickly heat &
the nable rash are the effects of the disease.

I have observed
3, A head ache, or a decay of appetite, or an
indistinctness, a diminished, or increased secretion
of urine, constant sneats, or a dry skin, wake-
fulness, or a disposition to early & protracted
sleep - unusual vividness, or dispersion of spirits
a yellow color in the face - a red, or yellow eye -
~~have all been observed in persons who were~~
exposed to the exhalation of our annual
epidemics, and who did were not confined, &
who could not believe they were indisposed by
any of those symptoms to the disease.

✓ Therefore where flight is practicable it should be resorted to in every case. The heights of Germantown & Darby have for many years afforded a secure retreat to the citizens of Philadelphia from their late annual Epidemic.

~~near the eastern parts of the city the In-gitting place~~ In getting into infected by foul air morbid air, care should be taken not to expose the body to great heat or fatigue, for then where the system is tainted ^{with it} & the ^{causes it into action} least exciting cause often renders flight ineffectual by inducing the disease, ^{or} & sometimes death, where safety was sought. But when flight is impracticable, or inconvenient a safety should be sought for in such means as reduce the ~~and~~ the tone & strength of the system.

There are ^{of} depolizing Remedies nature. That often

The means of preventing the summer, & autumnal disease of our country come next under our consideration. I shall, ^{first} mention, such as have been most effectual in guarding against its most malignant form,

and afterward, take notice of such as are proper in its ~~more~~ milder grades. ^{proper for individuals.} Then of 2 means to defend whole communities.

~~1. The diet should be consist chiefly~~
^{of} ~~2. The means proper for individuals.~~

¶ The System when impregnated with mias-

mata is under the influence of a pathognomical stimulus, and from the suppression of customary exertions is often in a plethoric state. The prophylactic remedies should therefore be such as are calculated to lessen this stimulus, & to obiate the pathognomical fulness of the blood vessels.

~~They~~ ^{It is} ~~has~~ ^{the} first remedy for this purpose
A light spare diet, conformed accommodated to the greater or less degree exposure of the body to the action of miasmata & to the greater or less degree of labor, or exercise which are taken ~~for the~~

who live wholly upon vegetables,
The Brahmins escape the malignant fevers
of India, while the Europeans who eat
animal food die in regiments around them.
People in Europe who live near gardens ~~get~~ ^{and} fully profit
the fruits ~~near~~ ^{the trees of the Island} of South Carolina owe their
exemption from the bilious fevers of that state
to the ~~the~~ same cause while this masters often
die, or suffer with it. A low diet acts in two
ways. It ^{not only} opens the quantity of blood, & the foul
of生病者 upon the blood repels, but it ^{induces}
also ~~such a~~ ^{inflammation} of the system, as disposes
it to vibrate more readily under the impression of
the atmosphere - thus the willow ~~languishes~~
~~also~~ ^{before a} ~~before a~~ ^{comes after leading} ~~comes after leading~~
the wind, while the embarking bark is torn up
by the roots. It is from this inflammation of vibratory
in the systems of women in the West Indies ~~are~~
~~accorded by their transparency~~ that they escape the
endemic fevers of that the Islands. The

Year 1793 I lived for nearly 3 months wholly upon
 vegetables tea & coffee with a small quantity of
 with vegetables, but I ~~do~~ for cases of great ex-
 posure to an ~~injurious~~ infected atmosphere the
 with but little exercise, the diet should be
 simple in its quality, & small in its quantity.
 also a little cayenne pepper
 a little salted ~~fish~~ meat, when taken with ~~with~~
 vegetables, prevents the stomach & also a small
 quantity of the cayenne pepper prevents an
 undue languor of the stomach from the want
 of its customary elements. When the body
 is ~~by~~ but little exposed to foul air, less and
 much exercise taken, Broths, & a little
 wine, or small liquors may be used with
 the fruits & garden vegetables of the season with
 advantage. ~~to~~ diet the change from a full
 to a low diet should be made gradually. ^{when} ~~unless~~
 made suddenly it ^{increases} the predisposition
 to disease by accumulating the irritability of

more than protestants from it in Africa. Howard also in
1793.

& also by fires. \$10

June 10th

26

the system. Long fasting to be avoided. A thiamine supplement is to be given. 2: gently laxative medicines. 2: gently laxative medicines have been found

effected in many instances in preserving the body from the an attack of malignant disease.

Hundreds in Philadelphia owed their lives to the occasional use of a ~~few grains~~ ^a of Calomel, full, a few grains of Rhubarb, tea or a spoonful ^{root or} of Castor Oil during the ~~heat~~ ^{heat and excitement of} autumn of 1793.

of sweat by means of warm clothing, and
hot cloaths. The ^{excretion} discharge which takes place by
the skin is a discharge of the first necessity. I
never knew an instance of a person being at-
tacked by our malignant foes in whom ^{this discharge} is

was constant, and equally diffused all over the body. Its effects have been equally satisfactory in preventing the plague. ~~So~~ So well known

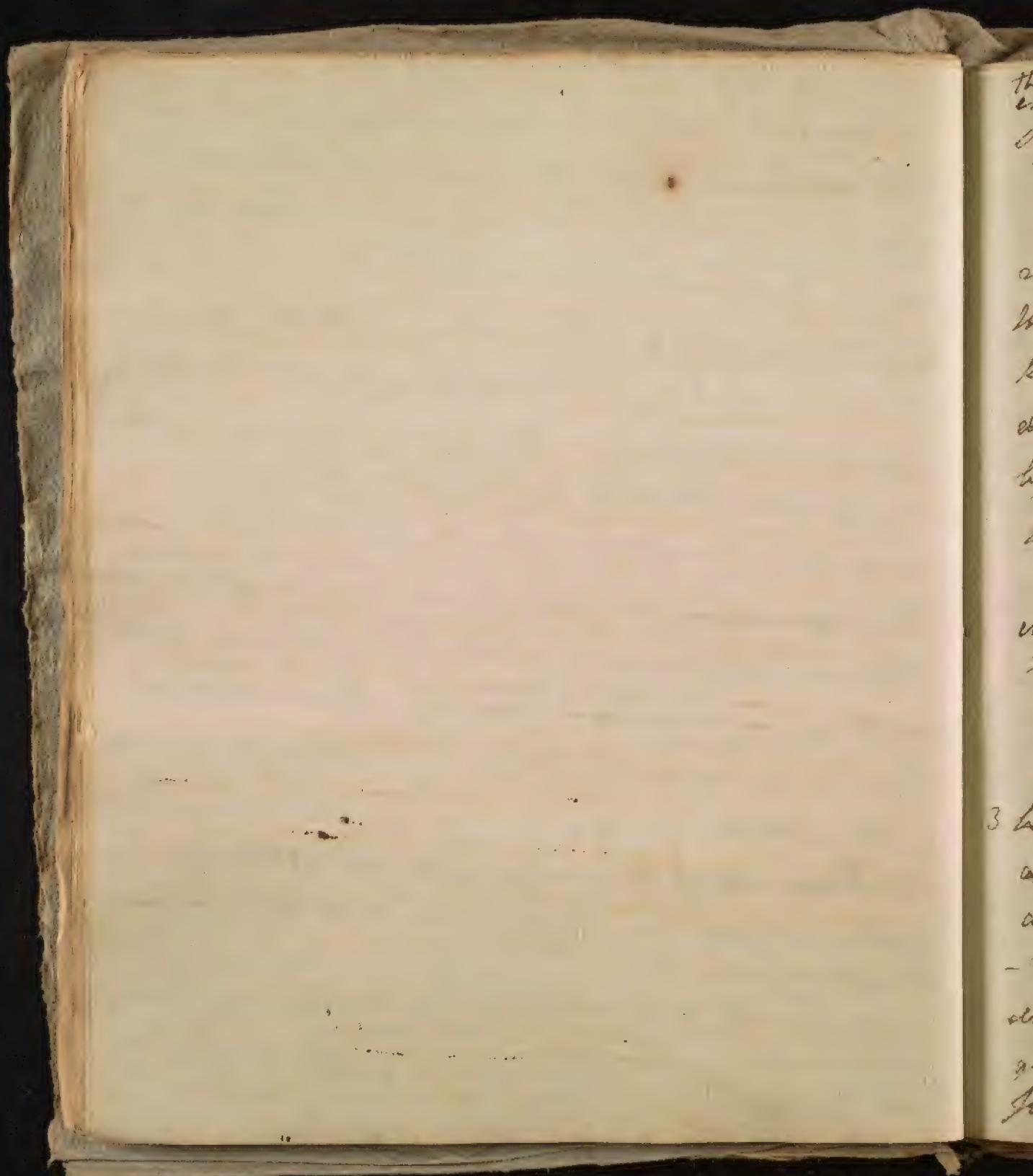
v upon the System as disposes it to vibrate more readily under the impression of the miasmata. Thus the Willow rises after bowing before a blast of Wind, while the un= bending Oak is torn up by the roots. It is from this ^{vibratory} of the Systems of women, in the West Indies, that they escape the endemic fevers of the Islands.

is this fact, that Mr^r Volney tells us in his tract
"revels into Syria", that the common salutation during
the prevalence of the plague, is - not how do
you - But "do you sweat freely"?

a 4th of depleting is Bloodletting. Dr Mitchell in
a manuscript account of the yellow fever which pre-
vailed in Virginia in the year informs us that
it was often prevented in persons who were predis-
posed to it by the loss of a few ounces of blood. The
The French too ^{among the physicians} It was formerly a practice in
the ^{islands} Dominie Islands to bleed their troops as soon
as they ^{arrived from France} came ashore, ^{as} by which means
they were preserved from the malignant disease
of the Island.

These remedies whether used separately, or to-
gether induce such an artificial debility ^{as will}
~~as to~~

in the nd class of preventives of malignant fever
are such as ~~provoke~~ ^{excite} the ^{internal} return of ^{general or partial} ~~return~~ ^{return} of ^{various} matter
by exciting a ~~greater~~ ^{greater} action in ~~the~~ ^{the} body



the external surface of the body. 28

Syntaxis. These are

Dear

that
the warm Bath. I have known this grateful remedy used with success in our city. It serves the double purpose of keeping the pores open by keeping the skin clear, as well as ~~keeping~~ ^{the} ~~protecting~~ ^{defending} what are called the ~~delicate~~ ^{delicate} vital organs from disease by removing inviting its predisposing cause to the external surface of

the left shoulder into the ~~arm~~ ^{left} shoulder
the body. 2nd washing the body with salt water
every morning & evening
~~Band~~ has had the same arbitrary effects
A is informed: ~~that~~

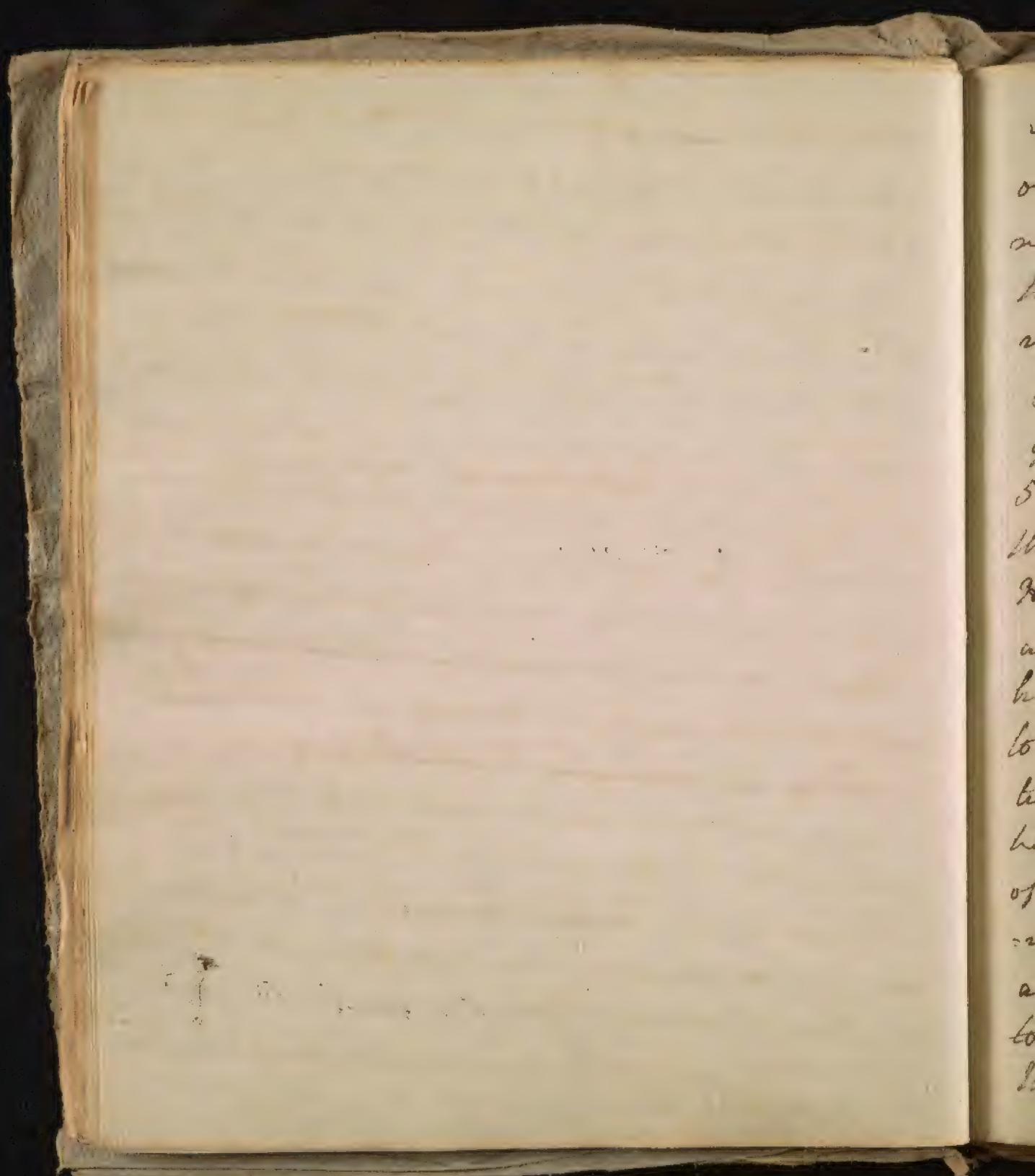
~~He~~ ~~lives~~ in the West Indies Islands. ~~He~~ ~~lives~~

3. ~~the effects of oil on the body~~ The application of oil to the body
3. ~~the effects of oil on the body~~ Anointing the body with oil when
3. ~~the effects of oil on the body~~ has been used with success in
3. ~~the effects of oil on the body~~ applying to the body among the means of producing a
3. ~~the effects of oil on the body~~ centrifugal action, detumescence of the fluids.

- The natives of Africa use it with advantage during their dry seasons. It has lately been used great effect in the preventing stage of the plague. Its efficacy was suggested first by ~~the~~ Alman

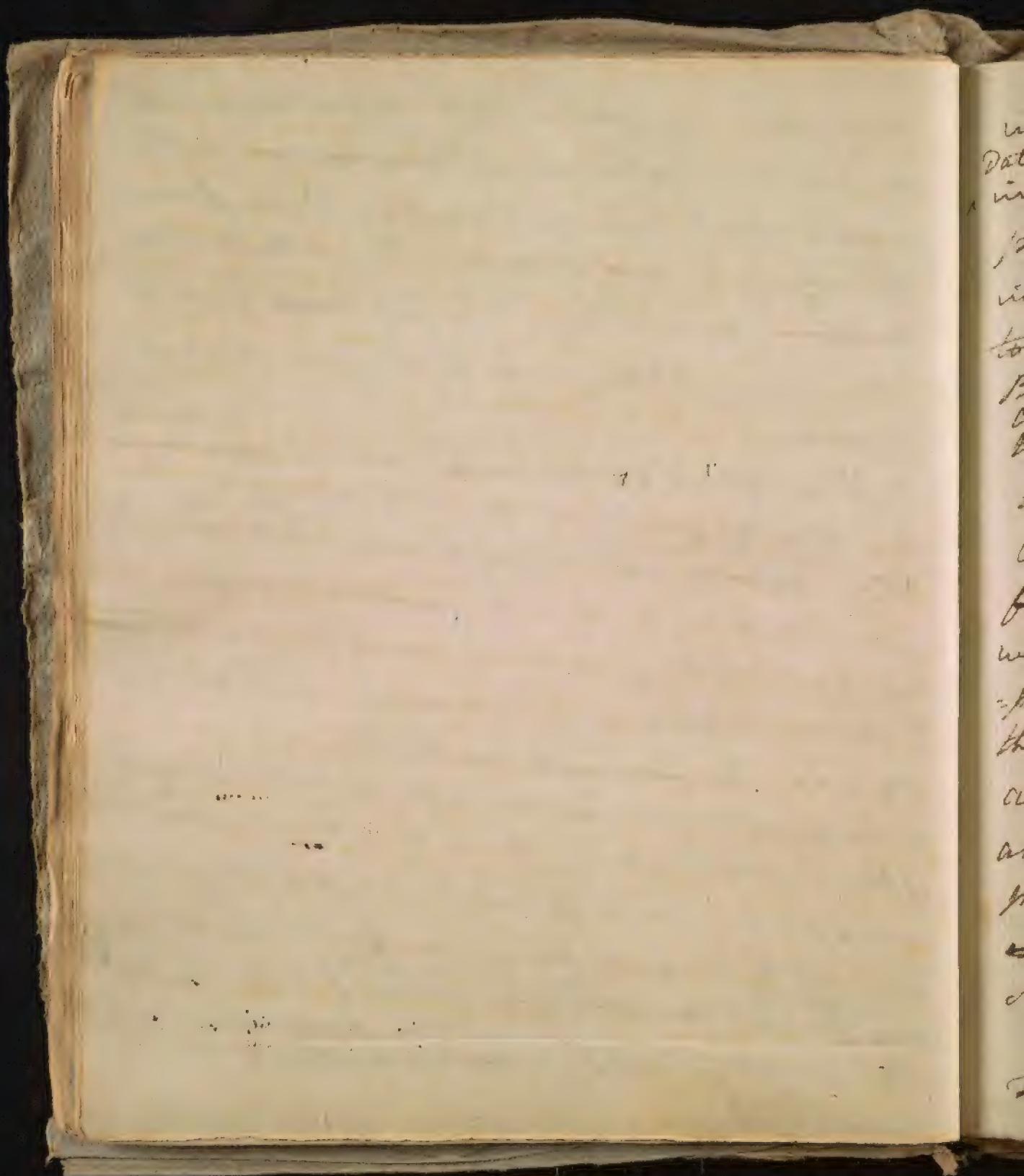
✓ 4 Dr Baynard has left it upon record that persons who
lived in ~~six~~ water-mills, also watermen - Barge-men
& fishermen ^{or in dabbling in cold water} who were employed on the river were rarely infected
who were employed on the river were rarely infected
by the plague of 1665, and that but two persons died ^{with it} on
London Bridge. with its ~~the sun~~ ^{the sun} ~~are~~ reasons given
~~supposes~~ ^{supposes} that the water in all these causes
by the Dr ~~for~~ ^{for} the plagues effects of the water disease are
not ill. ~~the water acts by way of 224~~ The Abstentions
injurious by the Jewish & in whom? religions ^{refuse to} ~~the~~
have ^{salutary} ^{the} same purpose. Abstinence people who bathe much in
~~water escape it~~ ^{water escape it} Good baths in summer to be avoided.

having died ~~during~~ of it during four years in which time 100,000 perished with it in Egypt alone. Shirer says - that ~~the~~ ^{inclosing it.} ~~Butter~~ men are equally fortunate & The cold Bath, or cold water applied to the ~~body~~ external surface of the body Ulloa tells us in his travels through Cuba, that the Spaniards make it a practice when partially wetted by the rain, ^{with their wet cloths on} plunge themselves into the first stream of water they meet with afterwards, with by which means they avoid taking the fever of the Island. ~~This certain African tribe have been~~ informed ^{to} that the water carries at Cairo where ~~cloths, & skin are always wet, &~~ ^{the} Volney says uniformly except the ~~negroes~~ ^{in Duranara} Dr. Brisbom informs us that these negroes, who go naked, and are thereby ^{less disposed to avoid} exposed ~~to~~ the rain, & ~~water~~ the water, ~~of the~~ are never affected with the fever of that country. Does the ~~no~~ cold water in these cases act only by producing reaction in the system, & thereby fortify it against the



impression of ~~febrile~~ pestilential miasma? or does the water ~~destroy them~~ prevent their morbid effects by simply washing them from the body — or does it destroy their activity by mixture, or dilution? — Let ~~these~~ future observations & experiments answer these Questions.

5 Ipus. fetors & ~~old soaks~~ & Blisters ^{belong to} ~~had been~~ this clasp of preventives of malignant fevers. Dr. Hodge's ^{I have said vol. 5 p 124} ~~defended~~ was preserved from the plague ^{in 1665} by a constant discharge from ~~a~~ ^{an} issue in his leg. Another person who owned his preservation to the same means, used to say he could always tell when he was ~~with~~ in the company he happened to meet, ⁱⁿ he was infected with the seb of the plague by feeling from this breath, ^{a burning} pain in his ^{its} artificial fore. Dr. Gallaher ascribed his escape from the Epidemic of 1799 to a ^{perpetual} ~~which he applied to~~ blister he ^{had} ~~open~~ ^{open} ^{from} his arm for that purpose. Dr. Badoe ^{favoured me} ~~had written to me~~ ^{from Dr.}

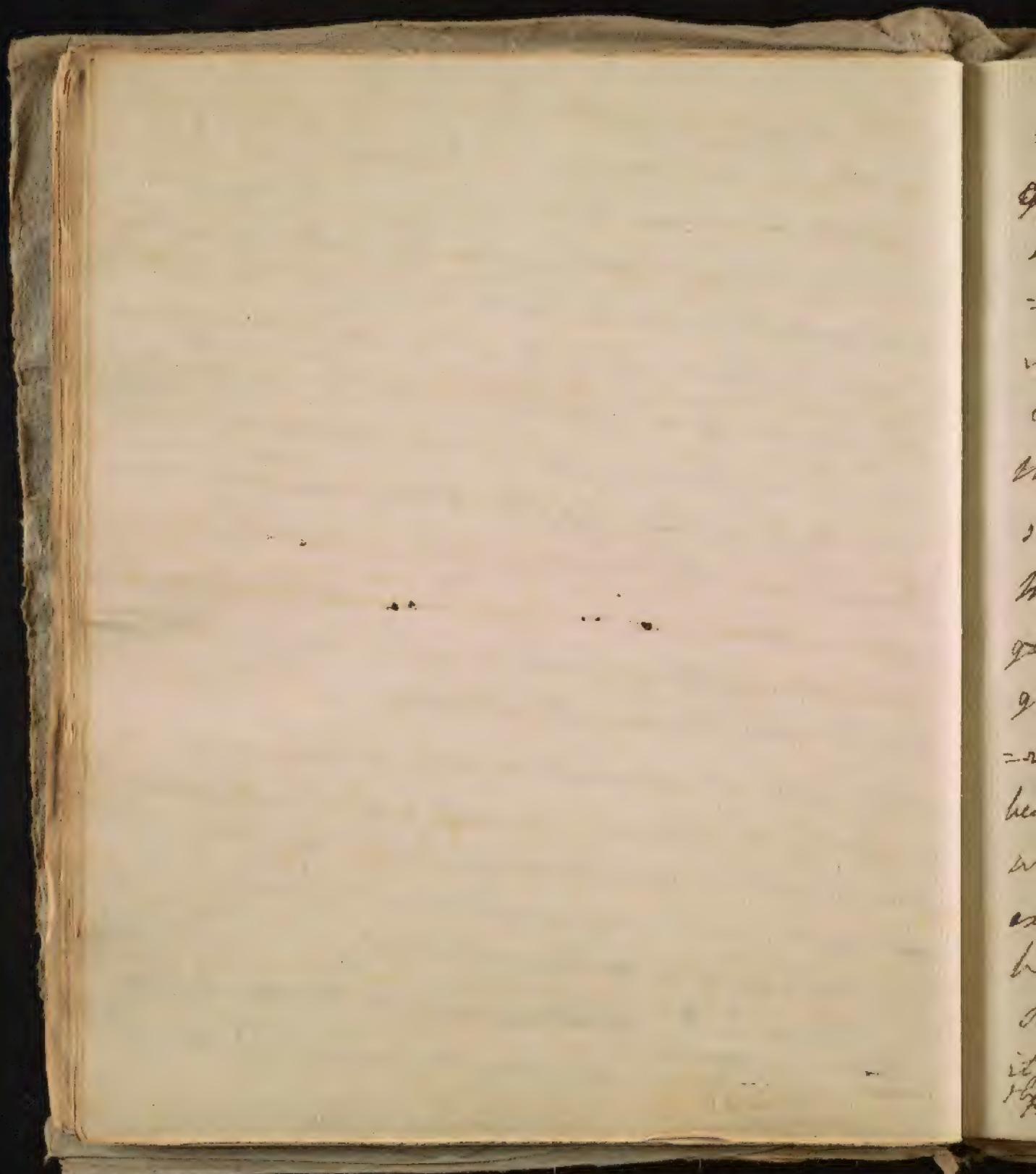


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with the first of letter from Dr James Evans,
dated Jan 12. 1809. in which he says, that Dr Beach, ^{replied by} had been
protected from ~~an~~ the bilious fever by an letting
in his bed without the ~~the~~ bed. In addition
to this fact he adds ~~he~~ he adds further, that Dr
Beach had been called to attend ~~the~~ labourers at
Oswego ^{in the state of New York} ~~the~~ 98 of whom had
the bilious fever. Of the two who escaped it,
one had a sore leg, the other a scald head.
from ~~the~~ the discharge from these sores, as
well as from the Doctor's ~~if~~ was more fa-
vorous during the prevalence of the fever, than
they had been at any other time. —

A few claps of gunpowder of malignant fever
are such as excite a general action, either more
powerful, or of a ^{than} contrary nature to that which
the animal spirits are disposed to creating in the
system, or of a contrary nature.

These are ¹¹ ~~11~~ wine and spirituous liquors.
Onions & garlic.
So there was not a single person affected by



the malignant fever in 1793 who used
 of these vegetables in his diet. The escape of
 several thousand french citizens who com-
 posed part of the inhabitants of our city
 in that year, was ascribed in part to their
 liberal use of these article condiments in
 their food. The Jews, it has been often been
 said, have owed their preservation to it from
 the plagues of Europe. It is probable the
~~Leeks & onions~~ ^{Leeks & onions} were ~~ever~~ introduced there
~~general use of it in Egypt was in~~ ^{general use of it in} ~~ever~~ ^{general use of it in} ~~ever~~
 general use into Egypt as the means of ob-
 viating the plagues of that country. I have
 been at a loss to know why the Author of nature
 who has endowed these vegetables with so many
 excellent qualities for diet & medicine, should
 have accompanied them with such a disagreeable
 smell. Perhaps the reason was kindly to force
 it into universal use, for it is remarkable,
^{that} ~~that~~ ^{that} ~~the~~ smell of it is imperceptible to those who

✓ The air exhaled from fermenting wines,
during a plentiful vintage often checked the
ravages of a plague in Germany - tangits
by ~~Salammbo: mercab:~~ taken so quantity to
2 or small doses of Colomel ~~removes~~ several times
affect the mouth, have in several instances
prevented attacks of an Epidemic malignant fevers. He
preserved the crew of a Russian ship at Plymouth
in the year 1771 from a fever generated by filth in
her hold. In a letter which I rec'd from Capt Bruxton
in the year 1797, he informed me that at Batavia
a old & respectable merchant ^{at Batavia} had formed him he had
been possessed by it ^{in good health} during the eleven 30 years in
~~the Batavia~~, a place where according to his statement
half the men conus die every year of malignant fevers.

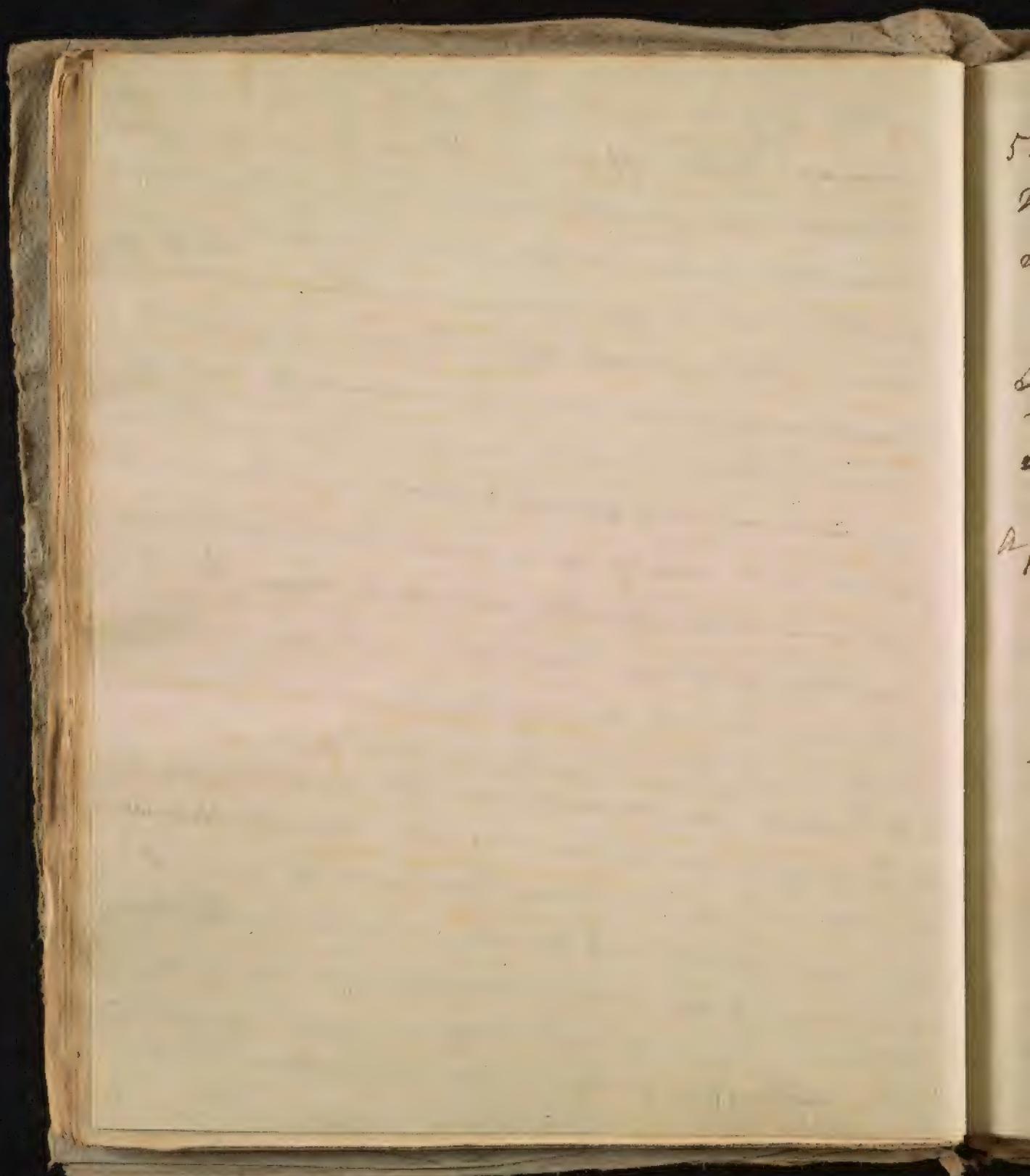
use them. ³³ Under this head it \neq 2ⁱⁿ

~~Use them.~~ ~~These~~ ~~matter~~ ~~which~~ ~~act~~ ~~powerful~~ ~~upon~~ ~~the~~ ~~sense~~ ~~of~~ ~~smelling~~ ~~have~~ ~~been~~ ~~found~~ ~~to~~ ~~belong~~ ~~to~~ ~~this~~ ~~class~~ ~~of~~ ~~preventions~~ ~~of~~ ~~malignant~~ ~~fevers.~~ ~~In~~ ~~France~~ ~~or~~ ~~in~~ ~~Italy~~ ~~ascribe~~ ~~great~~ ~~virtues~~ ~~to~~ ~~the~~ ~~smoke~~ ~~of~~ ~~Coal~~ ~~&~~ ~~Wood~~ ~~for~~ ~~this~~ ~~purpose.~~ ~~The~~ ~~smell~~ ~~of~~ ~~tar~~ ~~defended~~ ~~the~~ ~~ship~~ ~~wrights~~ ~~from~~ ~~the~~ ~~plague~~ ~~of~~ ~~1665~~ ~~in~~ ~~London.~~ ~~The~~ ~~Island~~ ~~of~~ ~~Lemnos~~ ~~says~~ ~~Mr~~ ~~Boyle~~ ~~was~~ ~~healthier~~ ~~than~~ ~~any~~ ~~other~~ ~~place~~ ~~was~~ ~~celebrated~~ ~~for~~ ~~its~~ ~~healthiness~~ ~~before~~ ~~the~~ ~~tree~~ ~~which~~ ~~produced~~ ~~the~~ ~~smoke~~ ~~exhaled~~ ~~a~~ ~~constant~~ ~~odor~~ ~~through~~ ~~it~~ ~~were~~ ~~destroyed.~~ ~~Even~~ ~~feasted~~ ~~odors~~ ~~have~~ ~~acted~~ ~~as~~ ~~the~~ ~~same~~ ~~salutary~~ ~~effect.~~ ~~of~~ ~~this~~ ~~unburnt~~ ~~smoke~~ ~~relates~~ ~~a~~ ~~remarkable~~ ~~fact.~~ ~~He~~ ~~says~~ ~~a~~ ~~plague~~ ~~was~~ ~~once~~ ~~checked~~ ~~by~~ ~~in~~ ~~a~~ ~~city~~ ~~of~~ ~~Italy~~ ~~by~~ ~~killing~~ ~~a~~ ~~large~~ ~~number~~ ~~of~~ ~~all~~ ~~the~~ ~~Cats~~ ~~&~~ ~~Dogs~~ ~~&~~ ~~subjecting~~ ~~them~~ ~~to~~ ~~exhale~~ ~~their~~ ~~foasted~~ ~~odor~~ ~~in~~ ~~the~~ ~~streets.~~ ~~He~~ ~~said~~ ~~that~~ ~~how~~ ~~do~~ ~~they~~ ~~all~~ ~~act?~~ ~~1. 2. 3. 4.~~ ~~Sometimes~~ ~~but~~ ~~it~~ ~~never~~ ~~have~~ ~~often~~ ~~been~~ ~~resorted~~ ~~to~~ ~~as~~

that how do my ^{own} ~~own~~ sometimes
3 Spirits divine have often been resorted to as
preventives of pestilence, but I believe they have
descended generally ~~from~~ ^{more} ~~but~~ ~~more~~ ~~more~~
increased, instead of lessening the predisposition

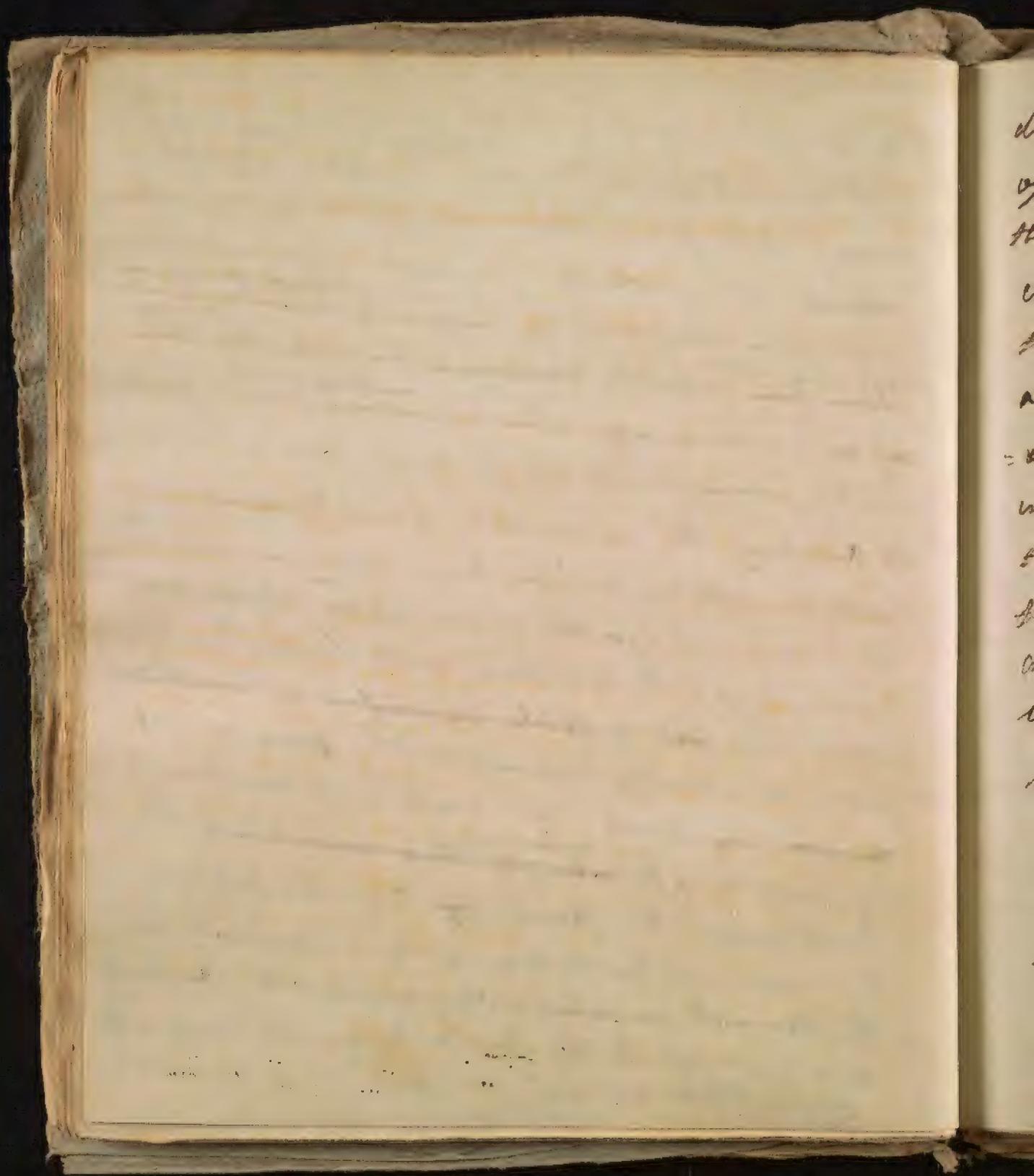
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of the body to an attack of the disease. by ex-
-tending a ~~too~~ ^{they are} effeual, their stimulus shd
be constant, and to only where they produce
constant intoxication, for disease & death
are the certain consequence of that ~~state of~~
weakness & excitability which exceed a the
least interval ~~excuse~~ & in temperate use of
those liquors. I have known three instances
of persons ~~who~~ ^{two} were habitual drunkards
surviving ~~one~~ ^{two} of our most fatal Epidemics
who are constantly exposed to this but
nither of them was sober a diry a hour
during the six weeks they prevailed in our
city. nor ^{is} ~~has~~ in the any of the ways in ^{which} it is used,
43 ^{by} Tobacco ~~has~~ ^{for sometimes} been used been found
to be any more useful that Admrs spirits shrive
in preventing malignant disease. Mr Howard
says no benefit was derived from it in the plague,
and many hundred of our citizens can bear
witness of its ineffectual use in quarding against
the yellow & therefore malignant Epidemics of our
city.



5 & Camphor ~~by~~ suspended in a bag round the
neck, and Dogs wetted with vinegar ^{Applied frequently to the nose} afforded no
~~some~~ safety from the malignant fever of 1793 than
before. It is probable this ~~exp~~ increased the
predisposition to it by ~~entangled & conveying~~
~~any~~ ^{more} ~~tiny~~ ^{tiny} volatile ~~subtile~~ ^{subtile} particles to the
~~most~~ ^{most} ~~tiny~~ ^{tiny} ~~subtile~~ ^{subtile} ~~parts~~ ^{parts} to the
of the miasma while ~~produced~~ ^{in some} ~~the~~ produced the disease.
instances increased the predisposition to the disease.

A Clefs —
IV Among the preventives of malignant fever,
certain substances have been recommended w.^{ch}
it is said destroy the miasma which produce
by entering into mixture with them. Two per
sons who ~~took a table spoonful of sweet oil~~
were constantly exposed to the fever of 1798
~~excepted for it~~ ^{very} took each a table spoonful
of sweet oil & to ~~whatever they wanted~~ They
both escaped the fever. If did the oil in
this case act by destroying the miasma in
the stomach on which they appear to chemically
or did it defend the stomach mechanical
from their action? Or did it prevent the



36

disease only by keeping the bowels gently open? It is certain the fat of pork preteats the ~~blood~~ ^{fat} & ~~blood~~ of the men who work in the lead mines in Britain from the deleterious effects of ^{which} the fumes of lead ^{that} are so apt to bring upon the stomach disease and it is curious, as poisoned arsenic will not injure a hog, if it be anointed by the fat which lines his sides ^{or} ~~and~~ ^{removes} fat that sweet oil I said formerly that ^{the} application of sweet oil to the body has lately become a popular remedy for the Asiatic plague, & that many thousand persons who ^{handled} dealt in it as an article of merchandise, had escaped that disease during four years of its prevalence in Egypt. Possibly the effluvia emitted by the oil, by visiting with the unius mala may have aided its good effects in preventing the disease.

2 The vapor which issues from fresh earth

in preventing the disease.
2 The vapor which issues from fresh earth

✓ Subs of water in sick rooms in
fever of 1797. see page 121 No. 25.

Bathing in salt water. mon. Bastam
small of the goat - Thapsilo - Sal
Am. ~~orange~~

Long interval between remote
of previous cases & an attack.

37

has been supposed to destroy the miasma
which produces malignant fever by entering
into mixture with it. ^{subt} Many of the persons who
were employed in clearing removing the dirt from
the Streets of Philadelphia also in digging tellers & graves
in the year 1793 escaped the fever of that year. In
the new Settlements of our Country it is said the
poison of a ~~dead~~ the Rattle snake is ~~deprived~~ ^{diminished} of
its deadly effects upon the body by ^{the} thrusting
the wounded limb into a hole in the fresh earth.
The fable of Antaeus is said to who rose more
~~in~~ ^{up} again with renewed strength from the
ground as often after an ~~too~~ falls, ~~he~~ was probably
intended to signify among other things, the ~~no~~ ^{healing}
~~sublatory~~ virtues contained in the ~~the~~ ^{the} effluvia which issues
from ~~opening~~ ^{the} ~~the~~ fresh clods ^{of earth} which lie immedi-
ately below its surface. ✓

¶ In addition to all the poor modes of obviating
an attack of malignant fevers when exposed to
them it remains that I mention, the avoiding
all its exciting causes. ~~These are~~ great heat,

has been said of the effects of fear
& much of ~~fear~~. The absence of it is no protec-
tion, no more than it is from a mosquito toll in
or the city of Philadelphia would not continue even
at this day to deplore the loss of her ^{intrepid} ~~intrepid~~ ^{as her} ~~as her~~
Pennington's other ways, and many others of her
citizens who were ~~strangers~~ ^{have fallen in the} ~~strangers~~ ^{of} ~~the~~ ^{dead}
of our city.

I have said nothing of avoiding old interests

fatigue more especially from 38
and cold, labor or exercise not of an habitual
or distinguished of former employment.
The virus-mata which produce ma-
lignant fevers often sleep exist in the inoffensive
system late in the body for weeks or months, and
break out of it without doing any harm. Unlike
the seeds of contagious diseases, they ^{generally} require, ~~and~~
with but few exceptions, an exciting cause
to cause them into action. These causes are
heat, cold, ⁴ fatigue more especially from un-
usual labor or exercise - in turn produce in-
eating & drinking, and all violent emotions &
passions of the mind. The degree of caution with
which these exciting causes should be avoided, shd.
be regulated by the quantity, and activity of the
virus-mata ~~which~~ ^{which} disgorge themselves in the
body. ~~These are in Epidemics of a moderate~~
moderate degree of malignity, but ^{for a less number} little change
should will be necessary in the manner of
living, than in those which are malignant
in the highest degree. For the latter, we are

~~I have said nothing of avoiding all inter-
course with the sick in order to prevent the
disease, because ~~it is~~ it is not propagated by
contagion. In places not infected by morbid at-
mosphere ~~it is~~ the most laborious offices of
humanity may be performed to the sick & in
places where so, the sick may be visited, & even
attended with safety by friends, provided they
avoid the exciting causes of the disease before venturing~~

39

Aliment should be tasted, and even customary
acts of labor & business should be suspended.
The inhabitants of Constantinople & ~~other~~
~~moreover~~ ^{ppymna} & ~~notably~~ suppose they escape the contagion of
the plague by shutting themselves up in their
houses during ~~the time~~ its prevalence, but
they owe their safety wholly to this being re-
moved beyond ~~by~~ rest, & a total exemption
from care & business from all its exciting
causes. Confinement is more certain ⁱⁿ ~~wholly~~
effects when persons occupy the upper stories
of their houses. ~~only~~ The inhabitants of St.
Lucia Dr Chisholm says by this means often
escape the ^{harmless} yellow fever of that Island. It however
shows such is the difference in the poor healthiness
of the air ⁱⁿ ~~in~~ between the upper & lower of
story of stories of a house, that birds live in the
former, & die in the latter, during the prevalence
of a plague in the Eastern Countries. June 20
much impressed with a sense of the ^{quarrel} necessity of the
cooperation of exciting causes to produce the malignant
fever of our country that if

¶ Or in other words by living above it. I advise bending to the storm of malignant fevers, ^{in order to suffer them quietly to pass over the} mild autumnal fevers should be opposed by means which enable the system to strike its roots deeper into the earth, & thus to prevent its being bending being thrown upon the roots or ^{own} bending before them. The ^{precautions} for this purpose should be -

¶ Dr Blane says the soldiers in the British army who eat salt meat were less subject to inter fevers than the neighbouring people. & it is well known the American army were ^{more} much less afflicted with fevers and fum after they exchange ^{green} fresh for salted rations of beef & pork.

Dr Dow & B Idom both speak of the Chang An Mexican fever. How checked by nature by frequent heavy rains & change of wind. Dr Irvine. Vol. V of med. Eng: p: 19.

In the milder grades of the Summer & Autumnal fevers of the United States, the means of prevention are different from those which are proper to prevent it in its malignant forms. ^{The latter - below it -} They consist of such things as gently invigorate the system, & thus create an action superior to that to which the body is ~~subjected~~ ^{exposed} by the miasma ^{in other words} which which have been imbibed. ~~The one leading to the former the other leading to a~~ ^{by} ~~accident to distract it by separating~~ I cordial Diet & Drinks, consisting of salted meat, salted fish, with a moderate quantity of wine, or malt liquors. Spirits shd. be used ^{by} ~~cautiously~~ for when used long eas to do good - they create a habit of dangerous attachment to ^{by} ~~looking~~ them. A strong infusion of any bitter herb taken upon an empty stomach is a cheap & excellent substitute for all the above liquors, where they cannot be aff. afforded. ~~water is healthy~~ ^{Prof} ~~that~~ The late Dr. Gregory used to tell his pupils that out of 25 English ^{young} English men who were his fellow students at the University of Leyden

121
v The farmers of Holderness, ~~not long lived~~ who
soon went out early to their work, were
rarely long lived, probably from inhaling
miasma with the morning air.

3 + all great ^{the exciting causes of fever formerly}
~~cautions~~ should be avoided with uncommon
care in 3 days before & 3 days after the ~~full~~
change of the moon.

41

among whom was the late John Wilkes, ~~for~~ during
twenty four of them escaped an Epidemic Intermittent
upon inquiring it was found ^{while the only one was}
they all drank wine daily. The body one who was
one of them only was affected by an Epidemic In-
temperament which prevailed in the town. He drank
water only - the

= twenty four of them escaped an Epidemic which pre-
-vailed in the town, ~~they all~~ ^{by} drank wine daily. The
only one of their number who was affected by it
drank nothing but water. Such water has sometimes
been taken daily with advantage as a preventive of the mal-
~~in addition to~~ ^{the} with these cortical articles of diet
~~drinks~~ ^{a medicine}, perspiration should be kept up by ~~and warm~~
clothing. - the early morning, & the evening
shd be avoided - fires shd be kindled in cool & damp
weather, ~~as~~ also in the mornings & evenings in
common sitting rooms - and by these means thou-
-sands have been preserved from ^{with} recurring
~~chronic~~ intermitting fevers in the most tickly seasons,
and countries. +

Summer &
The intestinal state of our Guttae

Mr Duvat tells us
✓ The French Soldiers ~~who~~ while in Egypt,
carried pepper boxes with them to eat with
the fruits of the country wherever they went,
and thereby escaped the diseases of the country.

42

disease - requires ~~for~~ ⁴² ~~for~~ several specific to several species
- for means to prevent them, different from those
which are proper to defend the blood vessels from it.
Unripe, and decayed fruit should be avoided while
that which is ripe & sound should not be
eaten in ^{an} excessive quantity. Spices & particularly
Cayenne pepper & the red peppers of our country
should be taken ~~with~~ ^{of the Count} daily with food. Dr. Bum
says the inhabitants of one ~~place~~ ^{made it a} ~~place~~ ^{passed} ~~for~~ practice
to in the season of bowels complaints to eat
peppers in such quantities as to excoriate their
throats ^{V.} with it. The whole diet should at such
times be of a cold & watery nature. A Dysentery ~~was~~ ^{was}
- seen a few years ago ~~to prevail only in the night~~
of George town in every land ~~but~~ ^{only among} ~~confined~~
~~only to~~ Protestant families. The number of the
Catholics who lived ~~up~~ in conformity to one
of the canons of this church ~~eat much~~ ^{eat much} ~~but~~ ^{but} ~~eat~~ ^{eat}
- times often of salted fish ~~was~~ ^{was} very generally
eaten it. In the year 1764 while ^{a Dysentery broke} ~~was~~ ^{was} a student

✓ It was once presented in all the boys
of the Bordentown Academy while it
was epidemic in that town, by giving them
molasses in large quantities in their diet
& drinks. It probably acted only as a purge.

Another means of preventing the dysentery
is to avoid Costiveness, it is generally ~~caused~~ in
they are in a natural state.
A Captain of the militia of New Jersey
preserved his whole company from a dysentery ^{which}
prevailed in the American Army ^{at Amboy} in 1776 by giving
each of them a purge of Salt Water. He preserved
his family & many of his neighbours some
years afterwards from the same disease by dividing
among them a few pounds of Glucubalts.

~~500 people~~
The plague ~~is~~ ^{has} ~~been~~ ^{been} ~~done~~ ^{done} ~~by~~ ^{to} ~~the~~ ^{the} ~~Nile~~ ^{Nile} ~~which~~ ^{which} ~~has~~ ^{has} ~~destroyed~~ ^{destroyed} ~~500~~ ⁵⁰⁰ ~~people~~ ^{people} ~~by~~ ^{by} ~~the~~ ^{the} ~~day~~ ^{day} ~~after~~ ^{after} ~~the~~ ^{the} ~~nile~~ ^{nile} ~~completely~~ ^{completely} ~~overflows~~ ^{overflows} ~~its~~ ^{its} ~~ancient~~ ^{ancient} ~~bounds~~ ^{bounds}, ~~than~~ ^{than} ~~it~~ ^{it} ~~does~~ ^{does} ~~the~~ ^{the} ~~day~~ ^{day} ~~before~~ ^{before} ~~or~~ ^{or} ~~the~~ ^{the} ~~matters~~ ^{matters} ~~which~~ ~~0~~ ~~this~~ ~~was~~ ~~done~~ ~~with~~ ~~such~~ ~~by~~ ~~Impedicles~~ ~~by~~ ~~produces~~ ~~such~~ ~~water~~ ~~may~~ ~~be~~ ~~washed~~ ~~away~~ ~~by~~ ~~large~~ ~~streams~~ ~~of~~ ~~water~~ ^{these} ~~water~~ ^{water} ~~may~~ ^{may} ~~be~~ ^{be} ~~washed~~ ^{washed} ~~away~~ ^{away} ~~by~~ ^{by} ~~large~~ ^{large} ~~streams~~ ^{streams} ~~of~~ ^{of} ~~water~~ ^{water} ~~? Impedicles~~ ^{Impedicles} ~~checked~~ ^{checked} ~~the~~ ^{the} ~~plague~~ ^{plague} ~~at~~ ^{at} ~~Schiris~~ ^{Schiris} ~~by~~ ^{by} ~~pouring~~ ^{pouring} ~~the~~ ^{the} ~~streams~~ ^{streams} ~~of~~ ^{of} ~~two~~ ^{two} ~~neighboring~~ ^{neighboring} ~~rivers~~ ^{rivers} ~~upon~~ ^{upon} ~~the~~ ^{the} ~~fifth~~ ^{fifth} ~~which~~ ^{which} ~~produced~~ ^{produced} ~~it~~ ^{it} ~~Impedicles~~ ^{Impedicles} ~~tells~~ ^{tells} ~~us~~ ^{us} ~~the~~ ^{the} ~~plague~~ ^{plague} ~~destroys~~ ^{destroys} ~~500~~ ⁵⁰⁰ ~~people~~ ^{people} ~~by~~ ^{by} ~~the~~ ^{the} ~~day~~ ^{day} ~~after~~ ^{after} ~~the~~ ^{the} ~~nile~~ ^{nile} ~~completely~~ ^{completely} ~~overflows~~ ^{overflows} ~~the~~ ^{the} ~~bounds~~ ^{bounds} ~~which~~ ^{which} ~~exhales~~ ^{exhalations} ~~than~~ ^{than} ~~died~~ ^{died} ~~the~~ ^{the} ~~day~~ ^{day} ~~before~~ ^{before} ~~we~~ ^{we} ~~alone~~ ^{alone} ~~+~~

as the Dysentery ~~is~~⁴⁴ often excited by the dangerous
of the night air, great care sh^d be taken to defend the
brents ^{especially} when exposed to it, to defend the bowels by ^{more} ~~more~~
~~warmth, than~~ ^{extremes} Other parts of the body. The Egyptian
bandage or belt sh^d be used for this purpose.
II. I come now according to the order I proposed,
to mention the means of ~~protect~~ preserving whole
cities, or communities from the influence of
those morbid exhalations which produce the malignant
forms of the Summer & Anturnal disease of the
United States.

United States. As the flight of a whole city is rarely practicable, it will be necessary to seek for the means of destroying the morbid miasmata.

1. Where the ^{putrid} matters which emit them are
limic of a small extent they may be ^{covered} covered
covered, ^{with earth or water.} The contingent ~~lithos~~ ^{lithos} ~~poor~~ ^{poor} was
but during the prevalence of a malignant fever it
will be unsafe to remove ^{filthy} matters. A plague
was generated by an attempt to clean the
filth from the which had accumulated

✓ by means of mixture, or by creating
a new action in the system. The Air
extracted from fermenting Wines during
a plentiful Vintage is said once to have
checked the ravage of a plague in Germany.

Ambrose Parry says the plague was
once checked by in a city in Italy by killing
all the Cats & Dogs in the place, & suffering
them to putrefy in the Streets. The yellow fever
has never appeared in the Salt Ammoniac
mannifly near this city, & rarely in the
vicinity of ~~near~~ ^{up} the Danjills in its suburbs - perhaps
from the effluvia emitted by them. It
has been said that the plague has never visited
London since the use of sea coal for fuel.
It is possible its smoke may have been useful,
but other causes have contributed to prevent it, former
- by mentioned. -

on the banks of the waters which surround the city of Mantua during the summer & autumnal months. Even a shower of rain by disturbing a pellicle which sometimes is formed over ~~water~~ putrid matter, has let more than once let loose exhalations that have produced a pestilential disease.

2 Lime has been found to be a powerful antidote to ~~water~~ in the air extricated by putrefaction. It has often been thrown into privies with obvious advantage in sickly seasons. How far it might be employed to destroy the foul air of Docks, & Common Sewers ~~now~~ remains yet to be determined by future experiments.

3 Impregnating the air ~~with~~ with certain effluvia which acts ~~it~~ either by destroying miasma, ✓ 4 Mr Morvan has lately proposed the ammonia gas as a means of destroying miasma. However effectual this & the vitious gas may be in

V of preventing pestilential diseases. His
name sake Varron a Roman general was
exposed with a large fleet & army at Corcy-
ra to a malignant fever. He discovered the
course of the miasma which produced it
to be from the South - in consequence of
which he fastened up all the Southern
windows & doors of the houses in which
his troops were quartered, & opened new ones
to the North, by which means he preserved
his troops from the fever which prevailed
in all the other houses of the neighbourhood.

Mr. Stewart advises keeping the doors & windows
of houses exposed to the plague, constantly shut,
during except during the period of Sunshine.

46

destroying the foul Air generated by, & discharged
from the human body in confined & filthy in-
stitutions, neither of them is calculated to oppose
the ^{feuds} of a disease which exist in the external
Atmosphere & spread over a large extent of ^{the} ~~area~~
city or country. Mr. Brown ^{was} indeed till his
his Aspirator gas checked the late malignant
fever of 1801 at Cadiz. ^{To refute} ~~but do to let it~~ It was
used ^{late in} the season, at which time ~~it~~ it is much
more probable the disease was destroyed as it is in
all other Countries in middle latitudes, by cold
weather. Jabs of water in 1747.

5 Vanso in his treatise upon Agriculture
mentions a curious fact upon the means
These explosions of gun powder has been proposed
to change the state of the atmosphere, but no be-
nefit has ever been derived from it.

^{have been made}
The large fires, in the States of Africa have been
made for the same purpose, but without
producing any good effects. ^{was} They ~~do~~ Hedges
says they were hurtful in the ^{last} plague of 1865 in

+ Interposing Rivers - water &c.

8. ~~Draws~~ for the character given by Luther
of Pope Julius, he ~~accuses~~ says "he kept
the Streets of Rome, so clean & sweet, that
there ^{were} ~~were~~ no plagues, nor sicknesses during
his time!"

Rome during the time of Pope Julius 2nd
as Luther -

47 who relates this fact, says "heaven
London. ["] Heaven says Dr Hodges, regret for the mistake
of the citizens's kindlying them, & mercifully put
them out, with showers of rain". +

It will come now in the last place to mention
the means of extirpating the ^{Summer &} ~~pests~~ ^{Autumn}
diseases ~~of our country~~ by removing its causes.

Goods these means are so

These means are
1 The removal of all those sources of putrid & unhealthy exhalations from formerly unhygienic cities which are capable of being made hygienic, particularly the filth & refuse of cities of ships, from which vicious & pestiferous means of disease, have become healthy by these means. The institutions of the Jewish nation -

The theatre of disease, were
many of the
means. The institutions of the Jewish nation
succee'ded, for removing filth of all kinds, from
camps & cities are well worthy of our notice & imitation,
enlightened ~~author~~ ^{author} of them was

The City of Oxford who ~~was~~ ^{was purposed to} escaped the plague
which assailed London & many other parts of

which had
been ~~afflicted~~ visited nearly every year for above half
a century, has since by the plague less

V
I have met with many excellent quotations from
a work upon this part of our subject by Sorzetti a
physician of Italy from which I have no doubt much
useful information might be obtained. ^{The Rev: Th: Hall} A Gentleman
at Leghorn to whom I made an unsuccessful ap-
plication for this work speaks of it in his answer
to my letter in the following terms. "Sorzetti has
in such high estimation that the late Emperor
Leopold when grand Duke of Tuscany caused it to
be reprinted at his own expense, & presented it to
his friends. The ~~danger~~ consequence of this, was
it influenced the proprietors of low, grassy
lands in the neighbourhood ^{of the River Arno} to drain & cultivate
them, and thereby rendered ~~them~~ the abode of
noxious ^{unwholesome} air, and malignant fevers, a terri-
-ble paradise"

Plague checked by Rivers &c

in that memorable year, 49

from that disease, in many pointed out and
at the time they were imported
to this cause, and whilst they were excavations
were being made
the ball of silk was imported from Holland as the
vehicle of the seeds of the disease, kindly pointed out
and removed its cause by permitting a fire to
destroy whole wooden buildings which had been
wooden buildings
the sources of their calamities. Those sheets
were to London what water sheet ^{at Falmouth} are
to Philadelphia
falls point to Baltimore, then to the ship to New
York and water sheet to the town of Norfolk. —

3. ~~gather~~ the Summer & Autumnal Diseases of
our country arises from marsh exhalations
they should be大道 destroyed by drains, by
wells communicating with their subterraneous
perforations in the manner recommended by
Dr. Anderson, or by cultivating upon them, certain
grapes which absorb their moisture, & by
none of these modes of destroying them is
practicable, by overflowing them with water.
4. ~~It has been remarked that the Annual~~
Disease of our country has often followed

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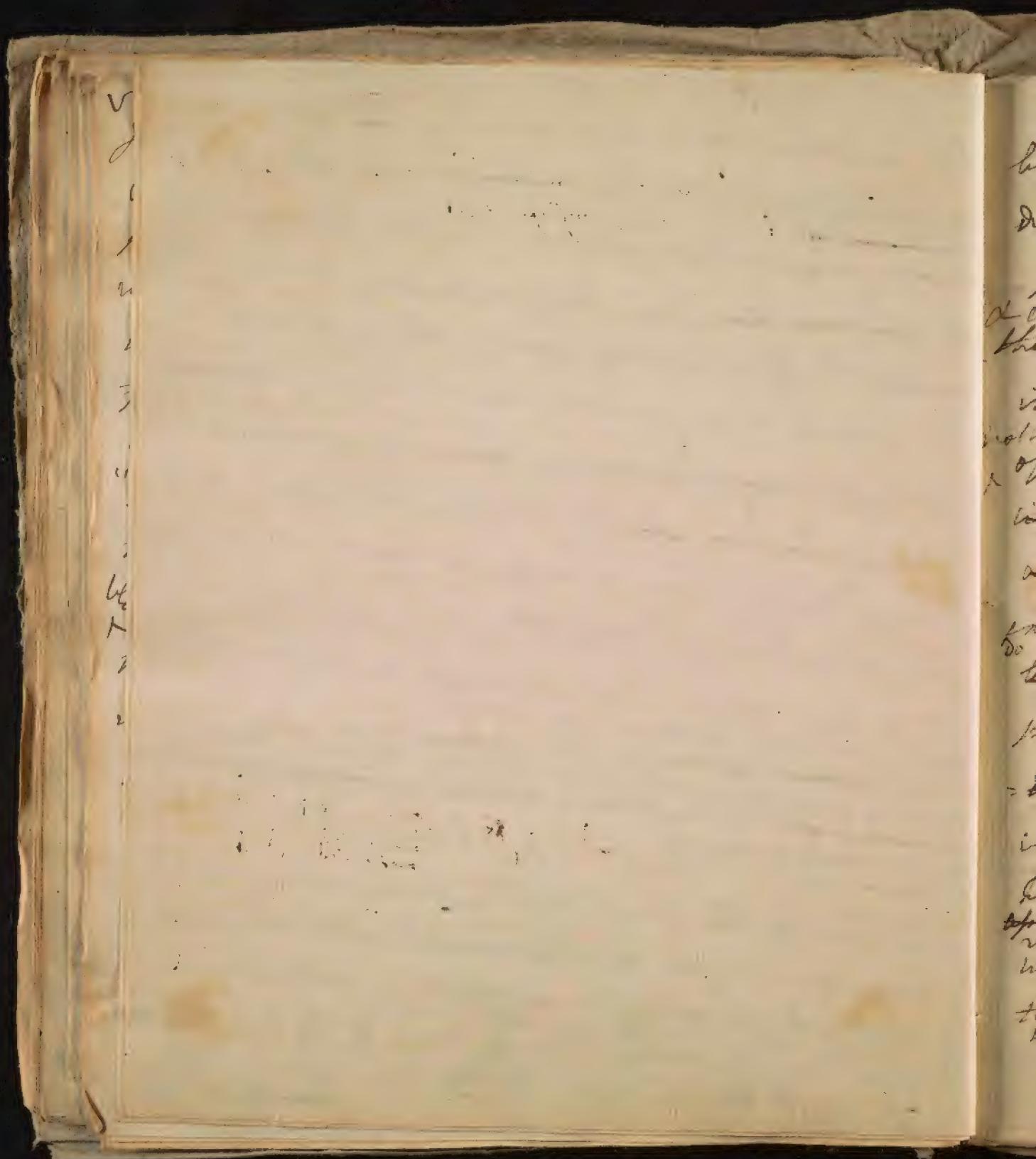
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They

the creation of mills dams. ~~which~~ ^{It} may
 easily be prevented by ~~inter~~^{the} ^{houses of} surrounding
 those receptacles of water with trees which
~~do~~ ^{Divide the} ~~house's~~ ^{action} ~~again~~ prevent
 the sun acting upon this shores ^{so} as
 to exhale miasma from them. ~~which~~
~~line~~ ~~cannot be done~~, a ~~lopse~~ ~~of~~ ~~wood~~ should
~~always be seen~~ ~~in~~ ~~the~~ ~~house~~ ~~planted~~ ~~upon~~ ~~the~~
~~sides~~ ~~of~~ ~~crews~~ ~~&~~ ~~rivers~~ ~~near~~ ~~a~~ ~~house~~, ~~serve~~ ~~the~~
~~same~~ ~~salutary~~ ~~purpose~~.

5. It has often been observed that families
 enjoy good health for many years
~~who spend years in the~~ ~~city~~ ~~or~~ ~~country~~ ~~of~~
~~Delaware & New Jersey while they are in~~ ~~the~~ ~~natural state~~
~~most of the time~~ ~~in these~~ ~~states~~ ~~enjoying~~ ~~good health~~
~~before they are dead~~
 This ~~but~~ ~~that~~ ~~sicknes~~ always follows the
 action of the rays of the sun upon the
 moist surface of the earth after they are
 cleared. For this reason, the cultivation
 of a country, ~~the~~ ^{always} ~~the~~ ^{the} cutting down of its timber,
 as in order to prevent the new ground
~~emitting~~



becoming by its exhalations, a source of our disease. ~~a law to make the report on the first acts of fever~~

In speaking of the means of preventing ~~external~~ the malignant forms of our ~~mean~~ fevers,

it may appear strange that I have said nothing of the efficacy of quarantines to ~~stop~~ ^{remove} ~~the~~ ~~fever~~ ~~from~~ for that purpose. Where I now address ^{addressing} ~~standing~~ before an audience composed

exclusively of ^{Amesbury} ~~citizens~~ of Philadelphia, I would do homage to their ~~judgments~~ in a respectful & melancholy silence, be silent upon this subject, & I would request permission to retire for a few moments to in-

-do disclose in secret the evils which those ~~believe~~ ^{Guarantines} has done to our country.

But as I am ~~speaking~~ ^{speaking to an audience of unprejudiced ~~gentlemen~~} ~~gentlemen~~ from ~~various~~ ^{various} ~~countries~~ collected from ~~especially~~ ^{especially} of citizens of other states ^{and whose} ~~especially~~ ^{especially} all the states in the Union, & as any ~~whose~~ ^{whose} minds are free of prejudice ^{are} open to reason, ^{and whose} ~~whose~~ ^{whose} ~~reasons~~ ^{reasons} are yet to form upon this ground the dictates of reason, ^{and whose} ~~whose~~ ^{whose} ~~reasons~~ ^{reasons} has ~~been~~ ^{been} prejudiced upon this subject, I fulmply

safe in asserting that ~~they are~~ ^{quarantines are} of no efficacy in preventing ~~the~~ our malignant

to
venomine in our country, & that hundred
who would blush to write in the cry of
"great is Diana of Ephesus" are not to be
- claim; "great are ^{the} ~~the~~ ^{ashamed of} quarantines of all
our states" knocked out brains,

Should ~~we~~ attempt to enumerate all the
ills which ~~exist~~ is this error has intro-
-duced into our country, my lecture would not end
with the day. Thousands of our citizens have
been conveyed by it to premature graves. Millions
of Dollars have been wasted by its ~~in~~ fatal in-
-fluence upon the public mind. By unnecessarily
shutting up the ports of foreign countries against
our ships, it has impeded our commerce, agi-
-tated & manufacturers. But this is not all.
The belief in the contagious nature of the yellow
fever which is ~~so~~ so solemnly & enforced by
quarantines has demoralized our citizens,
& in some instances petrified their very hearts.

bilious fevers, in any other way than by excluding
 the foul air that is generated in the hold of a ship
 which may be done as easily in a single day as
 as in weeks or months. They originated in
 error, and have have been kept up for ~~many~~^{many} a
~~long~~^{long} years by a supine & traditional faith in
 the opinions and conduct of our ancestors in
 medicine. They do violence to reason & science
 by ~~rejecting~~^{disrupting} the connection between all the
 changes which take place between the animal
 vegetable & aerial kingdoms, and the existence
 of pestilence, and thus ~~defeat~~^{under} the abortive
 a large portion of the goodness of heaven to
 the children of men. In a word, they ~~are~~^{are} the
 all the evils of the fatalism of the Turks un-
 der a ~~supreme~~^{supposed} the cover of a popular & impious
 name. In contemplating the prevalence of a
 general ~~providence~~^{providence} belief in Quarantines in the
 highest & most respectable classes of citizens
 that we are disposed to believe there has been
 a ^{transformation} ~~metamorphosis~~ of superstition from Religion V

~~future ravages of war upon the lives of our
& the despatchation of our cities from the fifth
now generating in their bowels - the destruction
trade, & the universal poverty & distress of our country
population by the deaths of thousands of
peculiar from the continuance & increase of our
domestic hospitals - and the from the operation
proliferation among us -~~
- did not a ray of light break in from the
east to dispel the gloom which such a
darker anticipations are calculated to create.
~~Yes - the plague, which long ^{the strongest torso of our globe} believed from
has lately been pronounced to be, a disease of the
air, of domestic exhalations & incapable of being com-
municated by contagion. A more important
discovery more pregnant with blessings to man-
kind, has ^{never} been made. Its ^{universal} application~~

It ~~ever~~ has extinguished ⁵⁴ friendships - anni-
hilated religion - and even violated the
Sacrament of nature by resisting the loud &
vehement cries of filial and parental blood.

In contemplating ^{at the present} the operation of all the causes which have pro-
duced the publick & private calamities that
have been mentioned, I ^{should} feel disposed to retire
from your presence, & deplore in secret
the future depopulation of our cities, ~~from~~
~~the fifth~~ ~~was generated in them~~ the destitu-
tion of our commerce, & the universal poverty
& distress of our ^{citizens} ~~country~~ from the continuance
& increase of all the causes of domestic per-
sibilities among us, - did not a ray of light
break in from the East to dispel the gloom
which such anticipations are calculated
to create — yes the plague, the scourge
& terror of our globe, has been proved, like
our ~~yellow~~ American yellow fever, to be the

✓ consequence of the physician & statesman
of two great & hostile nations ~~concurring in it~~
to ~~so~~ disseminate it over part of the world.

✓ It is impossible to describe all the benefits
which await this achievement of our friend
our pestilence upon the affairs of our globe.
Large cities will no longer be the hot beds of dis-
ease and death. Extensive regions of low and
marshy grounds overturning = ~~lately~~
✓ abashed by the pestilence which he has ^{met} with
from Simeon in Egypt, -

✓ Its influence must be felt in every part of the
United States, ~~and for the~~ ^{along} all the ~~lakes~~ ^{coast} which ~~are~~ ^{will} subject
to the generation & extinction of the pestilence
~~apply~~ ^{effect} to the poor emigrant from is the child of
the same ^{and} ~~parent~~ which generate the pestilence
plague, and must submit to the same modes of

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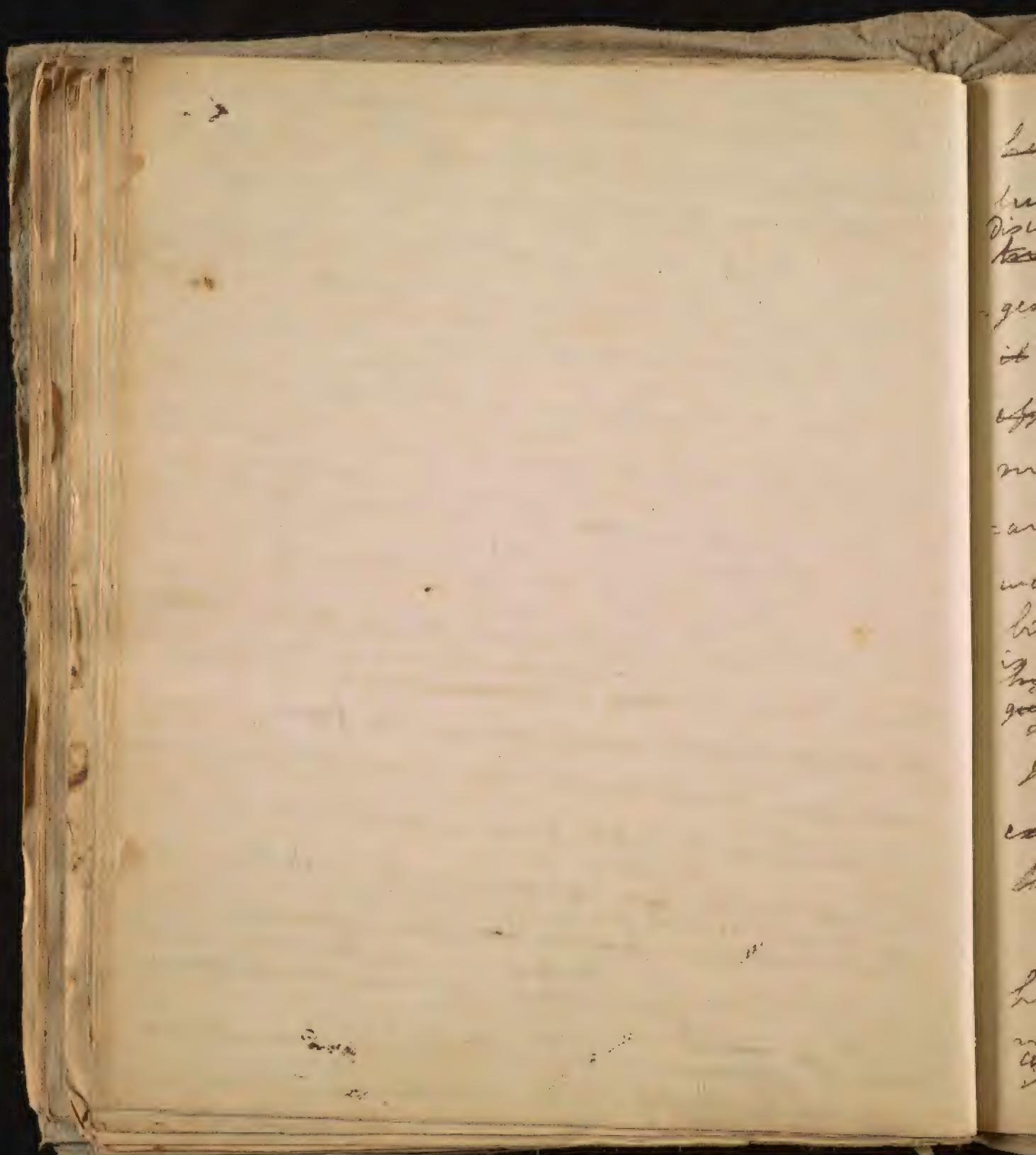
offspring of domestic exhalations, ^{to be} in-
capable of being communicated by contagion.
, and of course, to be subject to destruction. A
discovery more pregnant with blessings to man-
kind, has seldom been made. Its universal
adoption is ensured by the physicians, and
philosophers of two great nations ^{& hostile} concurring
to disseminate it over every part of the world.
Pyramids of error, the work of sleepless
ages and nations must fall before it, &
rivers of tears must be dried up by it.
No wonder death, abashed by the defeat he
has met with from Science in Egypt, has
lately grasped the sword of war with tenfold
fury, as if conscious it was the only re-
maining instrument of the general, and
sudden destruction of the human race.

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our
-ture of, antarctical air, and shall no
more be damped by antarctical fisheries. The
accidental ~~existence~~ ^{An} of a core of billions fewer
shall expose the place where it ^{is generated} exists to obloge
& disgrace.

only with pestilential exhalations shall be converted into fruitful fields, and afford present & healthy abodes for the children of men. Rosy health and manly strength shall secud the pale, or fallow countenance of fields upon the banks of our creeks & rivers. The ~~deadly~~ ^{deadly} ~~pestilential~~ ^{pestilential} ~~contagious~~ ^{contagious} influence of the earth should no longer be separated from a powerful source of repulsion between nations shall be removed, and commerce shall take of droppings the fetters which have been ~~and cease to feel its wings in under the~~ imposed upon it by visitations & expensive ~~influence of contagious diseases. Preventive~~ ~~laws & horacles.~~ ^{meantime} shall cease to be the vexation ~~causes of unnecessary expense, or~~ ~~a~~ ~~leaseth~~ ~~of educated~~ ~~a yellow, or a red eye, in a~~ ~~disorder.~~ ~~From~~ ~~The~~ ~~light~~ ~~of a man in the~~ ~~willy fit of a person, shall no longer be a signal for flight and banality in his fellow creature to perish without ~~them~~ alone in a ~~garden~~ ~~or a barn~~. The number of diseases shall be limited, & the most mortal of them ^{shall be} struck out of the list of human evils. It is impossible to hear~~



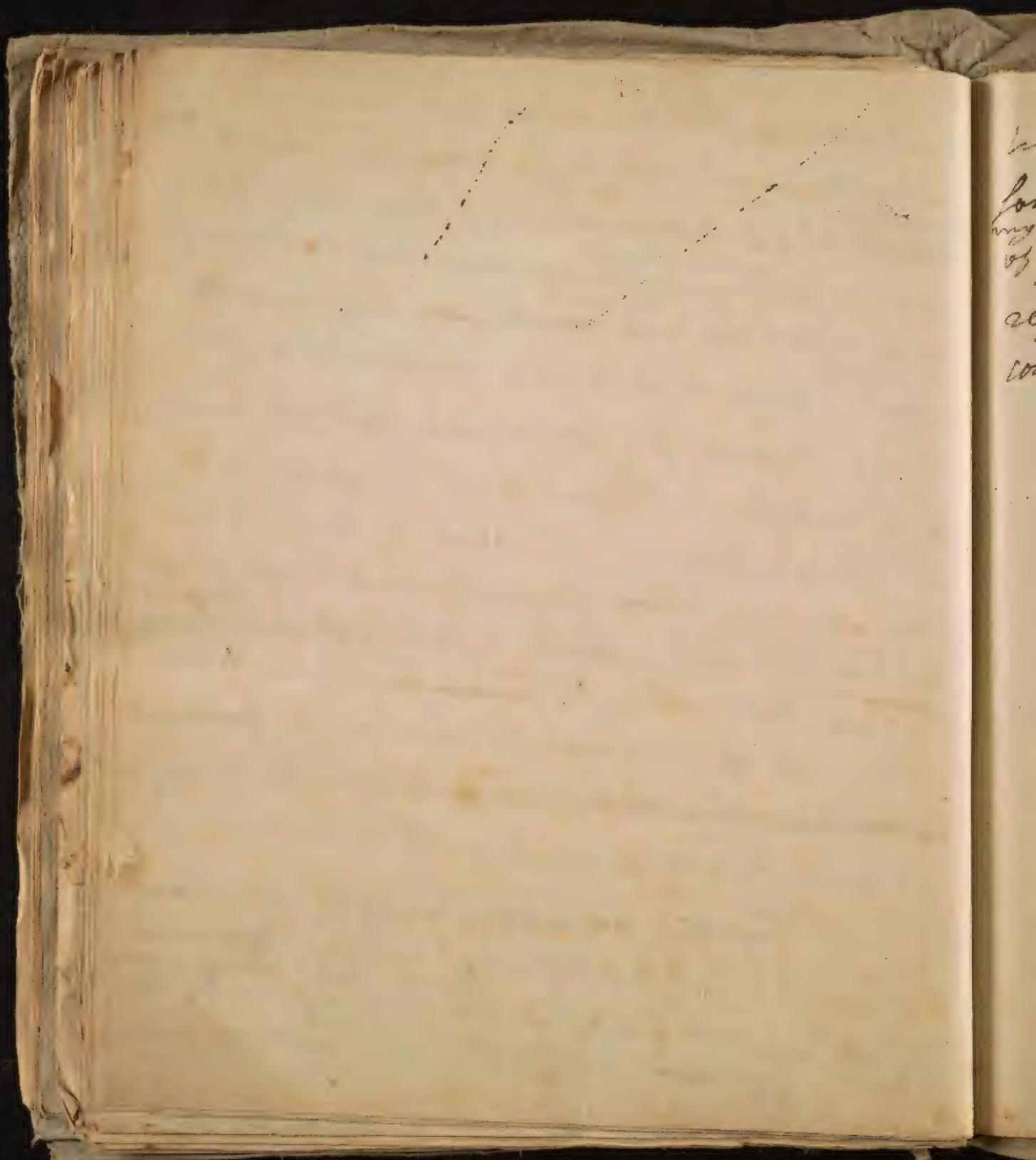
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of this happy change in the condition of our
globe & of the melioration of the ^{physical} condition of
man ^{without} ~~any~~ globe without ~~any~~ without desisting
a hope that some great ^{eq.} change equally
favourable to his moral & intellectual ^{political}
spirit is about to take place upon our globe.
The hope is nourished by the ^{similar} influence ^{ch.}
of the ^{late} discovery of vaccination is calculated
to produce upon the ^{health} increase of the hu-
man ~~state~~ ^{thus} even we can scarcely believe
are to be multiplied, beyond all former ~~times~~
times, only to ~~now~~ ^{still} increase the ^{number} of slaves
to ~~which~~ more ^{consciously} of the former ^{more} numerous
colours become the ^{more} ~~afford~~ ^{more} ~~expensive~~
subjects for the miseries which are con-
nected with ^{the} ~~ignorance~~ ^{ignorance}, & the slavery of
the greatest part of the inhabitants of the world. But
But ~~desires~~ ^{from} ~~the~~ ^{his} ~~desires~~ ^{desires} — But
— the ^{desires} ~~greatest~~ ^{desires} — which ^{John} forced
the ^{greatest} ~~desires~~ ^{desires} — which ^{John} forced



58

had led me — the delightful prospects into
infinity, to which my ^{aspiration} ~~attachment~~ interesting
discovery, had led me. — I have only to sug-
gest to ~~your~~ ^{your} gent^r. ~~members~~ ^{this discovery} of our Society that
it to render it, ~~and all the other means of~~
offer extensively & ^{as} ~~spuriously~~ useful, our labors
must second the researches of our Engle-
shmen brethren. Let us ever recollect that
we ~~are~~ are the custodians of the health &
lives of our fellow citizens, and that ~~there~~ ^{higher}
~~is a grade of~~ merit in ~~causing~~ our profession ^{than}
~~greater than~~ ~~which~~ ^{which} consists arises from
the cure of diseases. It consists in destroying
~~exterminating~~ ~~their causes, & thereby~~ destroying
them, by ~~exterminating~~ ~~their causes.~~ —

For the attention with ^{which} you have
honored my ~~detail~~ ^{of} objects, I beg you to receive
my very ~~most~~ ^{most} grateful ^{for its} ~~and now~~ ^{advice} ~~adgments~~ ^{advice} for
today, ~~before~~ ^{and} its length, — I beg your ^{and} forgiveness, ^{with} my best



59.

wishes for the welfare & prosperity of our
Society, ~~and~~ for the individual happiness of each
of you) - I bid you ^{a cordial} Adieu! on ~~on~~ I
request each of you to accept of my most
cordial salutations.

